

## FAMILY BUDGETS

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would make the difference between the two sweet potato figures, less than 8 per cent. 511

The average family expenditure for each of the different kinds of food, the number of families reporting its use, and the average amount used are shown in Table 41. The average price per catty is also given. It will be noted that some 40 per cent of the expenditure for sweet potatoes was for those that had been dried. In the dried form they are often ground and cooked as noodles in very much the same way as some of the grains. Only seven families reported using any rice during the year. 511  
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The average daily consumption of cabbage was 2.3 catties per family, of squash 1.6 catties. The leaves of the white beets were used as a green vegetable; the roots were pickled and eaten for flavoring with other food. The turnips were generally cut in strips, pickled, and used as a salt vegetable. The reported 30 catties of fennel, or anise, included the leaves and stems used as a vegetable as well as the seed used for flavoring.

The average amount of salt used was 6.0 catties (8.0 pounds) per person per year. This agrees very closely with the 6.5 catties per person reported by the salt wholesaler. (See Chapter VIII.)

Meat was used almost exclusively at festival time. About three quarters of the expenditure was for pork, the only meat item reported by all the families. Beef was used by four-fifths of the families. Dates were the only fruit used by all the families.

The clothing expenditure averaged \$14.85 per family, or \$2.48 per person per year. For the different income groups, the amounts per person varied from \$2.10 for the \$400-\$500 group to \$2.73 for the \$300-\$400 group. 511  
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The details of the average family expenditure for clothes are given in Table 42. Cloth, cotton, shoes, and stockings were the items reported by all the families. Native cloth was woven in Ting Hsien. Foreign cloth was not necessarily made abroad. The name was used to indicate both the kind of cloth and the fact that it was made outside of Ting Hsien. It was woven on machine looms. The native cloth was woven on hand looms. The cotton was the cotton batting used to line winter clothes. Eighty-six feet of native cloth, 10 feet of foreign cloth, and 4.6 catties of cotton were the average purchases. The prices were 7.0 cents a foot for native cloth, 10 cents a foot for foreign cloth, and 40 cents a catty for cotton.

Housing seemed to be relatively adequate for there were more rooms 342  
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TABLE 41. FOOD USED BY AVERAGE FAMILY PER YEAR:<sup>1</sup>  
KIND, AMOUNT, VALUE

| Grains, Grain Products, Sweet Potatoes |            |            |          |           |
|----------------------------------------|------------|------------|----------|-----------|
|                                        | Cattle.    | Value      | Families | Price     |
|                                        | per Family | per Family | Using    | per Catty |
| Sweet potatoes                         | 2,008      | \$20.08    | 34       | \$.01     |
| Dried sweet potatoes                   | 495        | 14.85      | 34       | .03       |
| Millet                                 | 1,017      | 61.05      | 34       | .06       |
| Wheat                                  | 147        | 11.20      | 34       | .076      |
| Beans                                  | 130        | 8.08       | 34       | .063      |
| Kaoliang                               | 111        | 5.38       | 34       | .048      |
| Buckwheat                              | 98         | 5.58       | 34       | .057      |
| Glutinous millet                       | 56         | 2.95       | 34       | .052      |
| Corn                                   | 51         | 2.42       | 29       | .047      |
| Barley                                 | 38         | 2.31       | 32       | .061      |
| Panicled millet                        | 35         | 1.72       | 26       | .05       |
| Wheat flour                            | 9          | .80        | 15       | .09       |
| Rice                                   | 4          | .38        | 7        | .09       |
| Steamed twisted bread                  | 2          | .16        | 18       | .078      |
| Fine dried noodles                     | 2          | .20        | 15       | .122      |
| Cakes                                  | 1          | .12        | 25       | .10       |
| Noodles                                | •          | .05        | 10       | .20       |
| Sesame                                 | •          | .02        | 1        | .09       |
|                                        | 4,204      | \$137.35   |          |           |
| Vegetables                             |            |            |          |           |
| Cabbage                                | 822        | \$7.69     | 34       | \$.009    |
| Squash                                 | 625        | 3.13       | 34       | .005      |
| White beets                            | 203        | 1.15       | 34       | .006      |
| Turnip strips                          | 156        | 6.57       | 33       | .12       |
| Onions                                 | 48         | .42        | 32       | .009      |
| Fennel                                 | 30         | .37        | 27       | .012      |
| Spinach                                | 9          | .11        | 4        | .012      |
| Fresh turnips                          | 7          | .06        | 3        | .009      |
| Leeks                                  | 2          | .04        | 7        | .017      |
| Egg plant                              | 2          | .02        | 2        | .01       |
| Bean sprouts                           | 2          | .05        | 15       | .03       |
| Cucumbers                              | 1          | .01        | 6        | .01       |
| Seaweed                                | 1          | .14        | 26       | .17       |
| Bean noodles                           | 8          | 1.25       | 32       | .156      |
| Garlic                                 | 1          | .03        | 4        | .04       |
| Bean curd                              | 1          | .04        | 15       | .06       |
| Thyme                                  | •          | -          | 1        | .03       |
| Dried vegetables                       | •          | .02        | 1        | .075      |
|                                        | 1,918      | \$21.10    |          |           |

(continued on next page)

(TABLE 41 CONTINUED)

| Condiments    |                       |                     |                   |                    |
|---------------|-----------------------|---------------------|-------------------|--------------------|
|               | Catties<br>per Family | Value<br>per Family | Families<br>Using | Price<br>per Catty |
| Salt          | 36                    | \$3.47              | 34                | \$.091             |
| Vinegar       | 5                     | .15                 | 32                | .034               |
| Black oil     | 4                     | .65                 | 34                | .15                |
| Sesame oil    | 2                     | .46                 | 33                | .25                |
| Sauce         | 1                     | .11                 | 23                | .18                |
| Pepper        | 1                     | .04                 | 24                | .07                |
| Ginger        | •                     | .05                 | 24                | .23                |
| Starch        | •                     | .03                 | 7                 | .16                |
| Sugar         | •                     | .02                 | 11                | .17                |
| Lard          | •                     | .02                 | 4                 | .26                |
|               | 49                    | \$5.00              |                   |                    |
| Meat          |                       |                     |                   |                    |
| Pork          | 15                    | \$2.74              | 34                | \$.18              |
| Beef          | 5                     | .71                 | 27                | .145               |
| Mutton        | 1                     | .10                 | 8                 | .11                |
| Eggs          | 1                     | .04                 | 1                 | .087               |
| Pig's liver   | •                     | .05                 | 1                 | .187               |
| Horse meat    | •                     | .01                 | 2                 | .34                |
|               | 22                    | \$3.65              |                   |                    |
| Fruit         |                       |                     |                   |                    |
| Watermelon    | 5                     | \$.04               | 9                 | \$.01              |
| Dates         | 4                     | .22                 | 34                | .05                |
| Muskmelon     | 3                     | .07                 | 15                | .023               |
| Pears         | 1                     | .14                 | 27                | .124               |
| Persimmons    | 1                     | .04                 | 17                | .057               |
| Apricots      | 1                     | .03                 | 10                | .065               |
| Peaches       | •                     | .01                 | 3                 | .19                |
| Grapes        | •                     | .01                 | 3                 | .08                |
| Red fruit     | •                     | •                   | 3                 | -                  |
| Tangerines    | •                     | .01                 | 1                 | .32                |
|               | 15                    | \$.57               |                   |                    |
| Other Foods   |                       |                     |                   |                    |
| Elm bark      | 2                     | \$.13               | 6                 | \$.059             |
| Soda          | 1                     | .05                 | 18                | .078               |
| Barley candy  | 1                     | .06                 | 16                | .112               |
| Sugared fruit | •                     | .03                 | 14                | .16                |
| Candy         | •                     | .01                 | 4                 | .24                |
| Peanuts       | •                     | -                   | 1                 | .12                |
|               | 4                     | \$.28               |                   |                    |

• Less than 0.5 catty.

1 Lunar year.

## FARM LAND: OWNERSHIP AND OPERATION

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fruits, two oil seeds, cotton, tobacco, fruit trees, and trees grown for timber. The total number of crop mu was 1,830,140. This was 405,210 mu more than the crop area. The index of double cropping, therefore, was 128. If the index was determined only by the area planted to wheat and barley, the usual winter crops, it would be 126. In the six districts, the index varied from 114 in the 6th District to 144 in the 1st District. Differences in the type and quality of soil and in the amount of irrigation would account for most of the differences in the indices. The 6th District index was low because 44,114 mu, 14.5 per cent of the crop mu in the district, were planted to cotton. Almost one-third of the cotton area was in that district. 241

Wheat and barley, which are winter crops, were naturally first crops. Kaoliang, cotton, and watermelons were also listed as first crops. Cabbage and carrots were listed as second crops, grown after an earlier crop had been harvested. The other crops might be either first or second depending on the amount of double cropping. Corn or melons were sometimes harvested in time to permit the growing of a second crop.

The area used for the different crops varied from 493,500 mu for millet to 60 mu for apples. In determining the area used for the various crops it has been difficult to secure exact figures, as 12.4 per cent of the crop mu were reported as growing two crops simultaneously. On most of this area beans or turnips were grown between the rows of grain. The principal crops involved were millet and white beans with 146,740 mu, kaoliang and black beans with 68,030 mu, buckwheat and turnips with 10,580 mu. In all such instances the area has been equally divided between the jointly grown crops. (See Table 70.)

Sixty-three per cent of the crop mu were planted to grain, 79.2 per cent if we include all the land where grains and legumes were planted together. Sixteen per cent was used for beans and peas, 7.6 per cent for vegetables, and 6.6 per cent for cotton. Fruit, including melons and the orchard fruits—pears, dates, apricots, apples—had just under 0.5 per cent. Trees grown for timber—poplar, willow, elm—had 3.0 per cent of the crop mu. In per cent of crop area the figures were: grains 80 per cent, legumes 20.5 per cent, vegetables 9.7 per cent, cotton 8.5 per cent, and other crops 9.9 per cent. The total of these figures is over 100 because of the double cropping.

Millet was the most generally grown grain. If the panicked and glutinous varieties are both included, it was planted on almost 30 per cent of 262 241.

262 the crop mu and 37.8 per cent of the crop area. Wheat was second with  
241 22 per cent of the crop area and kaoliang third with 8.2 per cent. Rice was grown on only 2,090 mu and only in the 6th District, where the springs in the Black Dragon Pool supplied the necessary water. The other grains were corn, barley, and buckwheat.

The legumes were black beans, white beans, green beans, and peas. Black beans were grown as the only crop on 187,090 mu and on 130 mu with either kaoliang or glutinous millet. White beans were grown with millet on 146,740 mu. Green beans and sesame were grown together on 1,550 mu.

Sweet potatoes were the principal vegetable. They were reported grown on 95,080 mu, or 6.7 per cent of the crop area. No other vegetable had as much as one per cent of the crop area. The estimated sweet potato crop was 190,217,000 catties, an average of 2,000 catties per mu, 2,700 catties per family, 470 catties per person. This agrees very closely with the 2,500 catties per family and 415 catties per person consumed by the families in our budget study (see Chapter V).

The oil seeds were peanuts and sesame. They were grown on 4.7 per cent of the crop area. Poplar and willow trees were the only other crops that had as much as one per cent of the crop area. They had approximately 2.0 and 1.7 per cent.

433 The estimated yield of each crop, when grown as a first or second crop on irrigated or unirrigated land, is shown in Table 69. Barley and millet, grown as the first crop on irrigated land, gave the largest return, 16 and 14 tou per mu. Unirrigated barley produced only eight tou per mu, while millet, grown as the first crop on unirrigated land, averaged only six tou. Wheat gave only half the return of barley, eight tou on irrigated and four tou on unirrigated land.

The sweet potato crop was estimated at 2,800 catties per mu, when grown as the first crop on irrigated land. The return was only 1,800 catties for a second crop on unirrigated land. Cabbage and carrots averaged 3,000 catties, two tons per mu, on irrigated land. The figures for cotton were 80 and 50 catties per mu. Generally, the figures in Table 69 are lower than the average yields shown by the prices and crop value figures in Table 70. The difference is due partly to the fact that Table 69 is for the 1st District while Table 70 is for the entire hsien, partly to the fact that the tables are for different years, partly to the estimates being made by different investigators.

## BUYING AND SELLING

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than the native cotton. The price in 1928 was between \$15 and \$16 per 100 catties. 443

On the 14th of the 8th moon of 1928 there were 262 sellers in the Chai Ch'eng food markets. This was a particularly busy day as it was the day before the fall festival. Table 90 gives the types and number of dealers, the prices, and the amounts of goods offered for sale. Eggplant, noodles, pears, and squash had the largest number of sellers. Even in this relatively small market over two and a half tons of pears were offered. It was pear season and everybody was buying food for the festival feast.

The festival was also undoubtedly responsible for the large amount of meat on sale, 175 pigs, 1,600 pounds of beef, and 200 pounds of mutton. There were 51 pork sellers. The beef and mutton sellers were all Mohammedans who came from another village. 443  
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The price figures give a good sample of the 1928 price level as they include the most generally used non-cereal foods. The cereal prices for 1930 are given in Chapter X.

Our study showed that the sellers of meat, fruit, cakes, and cooked food, who were not natives of Chai Ch'eng, paid a fee of 10 or 20 cents for the privilege of using market space. For some, at least, the fee also gave them the use of a board table. The field report said that there was no fee for vegetable sellers as the market did not last very long. In most cases the place fee went to the owner of the adjoining property and paid not only for a place to stand on market days, but also for a place to leave tables and other equipment between market days. In some villages a fee for the right to occupy a regular place on market days was paid to the village office. The system evidently varied from market to market. For the temple fairs the place fee went to the village government to help meet the cost of the fair.

In the Chai Ch'eng vegetable market the middle-man received the usual 3 per cent commission only on the larger sales. He generally was not involved in the small retail sales. Sales under 50 catties were regularly exempt. 443

The large number of roadside stalls was an outstanding feature of market day in the city. On non-market days our survey found 124 roadside stands. Except for the eleven barbers, cobblers, and cigarette sellers all of them were selling food. On market day the number of stands jumped to 434. Sixty-five different kinds were listed. The different kinds

## CHAPTER VI

### FOOD CONSUMPTION

262 Food forms undoubtedly the most important category of expenditures of the forty-eight families. From the data regarding the kinds and quantities of food and their expenses which were carefully recorded in the 288 account books, it has become possible for us to study food consumption in its two aspects, viz., (1) the quantity and expenditure of the various kinds of food consumed and (2) their nutritive values. This study, it must be observed, is necessarily of a very limited scope, being based only on the food records covering a period of six months for the forty-eight families, which, in fact, represented a mere tiny fraction of a certain class among the inhabitants of Peking, and consequently can by no means be taken as typical of the Chinese as a whole. As is generally known, food consumption differs not only between families and classes but also between individuals. In view of the wide extent of China which covers most varied climates, the food habits of different localities must be determined mainly by local food resources, particularly as food manufacture, transportation and nation-wide marketing have not yet been so developed as to enable all our people to adopt a somewhat uniform diet. At present, there can be no such thing as the Chinese national diet, unless all the factors mentioned above could be improved to such a degree as to render most of the staple foods within even the reach of the poorer classes. Even then, it is quite possible that local idiosyncrasies of food consumption will still remain.

Mention has been made of the adoption of Atwater's scale for calculating the equivalent adult male. In studying the food consumption of all the family members, all individuals were converted, according to the scale, to equivalent adult males eliminating, however, those who did not take meals at home. It

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1 [i.e. the sample families recorded. -- Analyst]

## FOOD CONSUMPTION

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was found that of the 162.10 equivalent adults of the forty-eight families, there were 131.77 who had taken meals at their homes, the average per family being 2.75. 262

In the following table are shown the average quantities bought and the average expenditures used per family and per equivalent adult, by kinds of food. The classification of foods, it may be added, was made in accordance with the food habits of the Chinese and was adopted, because it is convenient for calculating the specific elements of the Chinese food. The Chinese eats boiled rice, if he is a southerner, or corn or wheaten bread, if he is a northerner, with a little meat or its substitute, such as dried shrimps, vegetables and certain condiments to whet his appetite. In an inquiry on his expenditures for food, it will be found most convenient to ask of him the expenses for the four elements, viz. cereals, vegetables, meat and condiments, and very frequently an intelligent and reliable answer is obtained. There is no doubt that the dietitian's classification of foods into energy-giving, body-building and body-regulating elements is preferable in many ways, yet it is interesting to note that our classification in the main does not depart very much from it.

Attention must also be called to the limited variety of food articles in the table. For instance, egg-plants, radishes, pumpkins, cucumbers and crabs which are all popular foods with the Peking people are conspicuous by their absence. This is because our books were kept mainly during the months of winter and spring and foods not in season could hardly appear in them.

The averages of the first part of the table, as can be readily seen, were taken from all the families, regardless of the fact whether they had actually made any purchase or not, the idea being to show the general distribution of the varieties of food among them. From this, it may be inferred that an average family, that is, a family consisting of 2.75 equivalent adults, would be able to subsist in six months on 881.78 catties of food at an expenditure of \$49.424. In other words, food costs on the average \$3.00 per month per equivalent adult. Obviously the amount is inadequate, being rather low for a person to buy

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Table 14.—Average Quantity of and Expenditure for Specified Articles of Food Consumed by 48 Working Families in Six Months, by Classes and Articles of Food.

| Classes and articles of food    | All families<br>(48) |                                                              | Families purchasing |                                                              |        |                             |                                   |                                      |
|---------------------------------|----------------------|--------------------------------------------------------------|---------------------|--------------------------------------------------------------|--------|-----------------------------|-----------------------------------|--------------------------------------|
|                                 | Average quantity     |                                                              | Average expenditure |                                                              | Number | Per cent<br>of all families | Average<br>quantity per<br>family | Average<br>expenditure<br>per family |
|                                 | Per<br>family        | Per equiva-<br>lent adult<br>male taking<br>meals at<br>home | Per<br>family       | Per equiva-<br>lent adult<br>male taking<br>meals at<br>home |        |                             |                                   |                                      |
|                                 | catties              | catties                                                      | \$                  | \$                                                           |        |                             | catties                           | \$                                   |
| ALL CLASSES ... ..              | 881.78               | 321.23                                                       | 49.424              | 18.005                                                       | 48     | 100.0                       | 881.78                            | 49.424                               |
| Cereals etc. : ... ..           | 588.34               | 214.33                                                       | 39.494              | 14.389                                                       | 48     | 100.0                       | 588.34                            | 39.494                               |
| Rice ... ..                     | 16.41                | 5.98                                                         | 1.756               | .640                                                         | 47     | 97.9                        | 16.76                             | 1.794                                |
| Rice, broken ... ..             | 14.46                | 5.27                                                         | 1.156               | .421                                                         | 45     | 93.8                        | 15.42                             | 1.234                                |
| Millet ... ..                   | 38.05                | 13.86                                                        | 2.625               | .956                                                         | 48     | 100.0                       | 38.05                             | 2.625                                |
| Rice, yellow ... ..             | .32                  | .12                                                          | .025                | .009                                                         | 3      | 6.3                         | 5.04                              | .404                                 |
| Kaoliang ... ..                 | 10.70                | 3.90                                                         | .719                | .262                                                         | 37     | 77.0                        | 13.87                             | .933                                 |
| Kaoliang and beans mixed ... .. | .06                  | .02                                                          | .004                | .002                                                         | 1      | 2.1                         | 2.90                              | .200                                 |
| Beans, small ... ..             | .23                  | .08                                                          | .013                | .005                                                         | 3      | 6.3                         | 3.76                              | .210                                 |
| Beans, yellow ... ..            | .05                  | .02                                                          | .003                | .001                                                         | 4      | 8.3                         | .61                               | .039                                 |
| Beans, green ... ..             | (1)                  | (1)                                                          | (2)                 | (*)                                                          | 1      | 2.1                         | .09                               | .005                                 |
| Beans, light green ... ..       | .02                  | .01                                                          | .001                | (*)                                                          | 2      | 4.2                         | .42                               | .027                                 |
| Beans, red ... ..               | .36                  | .13                                                          | .023                | .008                                                         | 24     | 50.0                        | .71                               | .460                                 |
| Grains, mixed ... ..            | .61                  | .22                                                          | .042                | .015                                                         | 9      | 18.8                        | 3.27                              | .225                                 |
| Corn flour ... ..               | 197.87               | 72.08                                                        | 10.514              | 3.830                                                        | 48     | 10.00                       | 197.87                            | 10.514                               |

LIVELIHOOD IN PEKING

S. TAO

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(1926-1927) 1928

AF12 North China AF12

Table 14.—Average Quantity of and Expenditure for Specified Articles of Food Consumed by 48 Working Families in Six Months, by Classes and Articles of Food.—(Continued)

| Classes and articles of food       | All families<br>(48) |                                                              |                     |                                                              | Families purchasing |                             |                                   |                                      |
|------------------------------------|----------------------|--------------------------------------------------------------|---------------------|--------------------------------------------------------------|---------------------|-----------------------------|-----------------------------------|--------------------------------------|
|                                    | Average quantity     |                                                              | Average expenditure |                                                              | Number              | Per cent<br>of all families | Average<br>quantity per<br>family | Average<br>expenditure<br>per family |
|                                    | Per<br>family        | Per equiva-<br>lent adult<br>male taking<br>meals at<br>home | Per<br>family       | Per equiva-<br>lent adult<br>male taking<br>meals at<br>home |                     |                             |                                   |                                      |
|                                    | catties              | catties                                                      | \$                  | \$                                                           |                     |                             | catties                           | \$                                   |
| Corn flour, coarse ... ..          | 12.37                | 4.51                                                         | .769                | .280                                                         | 48                  | 100.0                       | 12.37                             | .769                                 |
| Millet flour ... ..                | 134.18               | 48.88                                                        | 9.093               | 3.313                                                        | 48                  | 100.0                       | 134.18                            | 9.093                                |
| Wheat flour, machine milled ... .. | 6.00                 | 2.19                                                         | .606                | .221                                                         | 10                  | 20.8                        | 28.80                             | 2.909                                |
| Wheat flour, hand milled ... ..    | 83.72                | 30.50                                                        | 6.901               | 2.514                                                        | 48                  | 100.0                       | 83.72                             | 6.901                                |
| Wheat flour, coarse ... ..         | 1.58                 | 5.76                                                         | .109                | .040                                                         | 13                  | 27.1                        | 5.82                              | .401                                 |
| Wheat flour with bran ... ..       | 26.44                | 9.63                                                         | 1.819               | .663                                                         | 25                  | 52.0                        | 50.76                             | 3.493                                |
| Buckwheat flour ... ..             | 35.07                | 12.78                                                        | 2.494               | .909                                                         | 47                  | 97.9                        | 35.82                             | 2.547                                |
| Wild oats flour ... ..             | .39                  | .14                                                          | .021                | .008                                                         | 2                   | 4.2                         | 9.41                              | .499                                 |
| Green bean flour ... ..            | .73                  | .27                                                          | .052                | .019                                                         | 12                  | 25.0                        | 2.94                              | .209                                 |
| Yellow rice flour ... ..           | .68                  | .25                                                          | .059                | .021                                                         | 8                   | 16.7                        | 4.10                              | .357                                 |
| Yellow bean flour ... ..           | (1)                  | (1)                                                          | (1)                 | (1)                                                          | 1                   | 2.1                         | .22                               | .016                                 |
| Noodle bean ... ..                 | 5.26                 | 1.92                                                         | .416                | .152                                                         | 39                  | 81.2                        | 6.48                              | .512                                 |
| Noodle, fresh ... ..               | .15                  | .05                                                          | .014                | .005                                                         | 6                   | 12.5                        | 1.17                              | .109                                 |
| Noodle, dried ... ..               | .06                  | .02                                                          | .011                | .004                                                         | 8                   | 16.7                        | .38                               | .064                                 |
| Bread, steamed ... ..              | .32                  | .12                                                          | .029                | .011                                                         | 9                   | 18.7                        | 1.69                              | .156                                 |
| Cakes, wheaten ... ..              | .08                  | .03                                                          | .008                | .003                                                         | 4                   | 8.3                         | .98                               | .091                                 |

FOOD CONSUMPTION

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Table 14.—Average Quantity of and Expenditure for Specified Articles of Food Consumed by 48 Working Families in Six Months, by Classes and Articles of Food.—(Continued)

| Classes and articles of food       | All families<br>(48) |                                                              |                     |                                                              | Families purchasing |                             |                                   |                                      |
|------------------------------------|----------------------|--------------------------------------------------------------|---------------------|--------------------------------------------------------------|---------------------|-----------------------------|-----------------------------------|--------------------------------------|
|                                    | Average quantity     |                                                              | Average expenditure |                                                              | Number              | Per cent<br>of all families | Average<br>quantity per<br>family | Average<br>expenditure<br>per family |
|                                    | Per<br>family        | Per equiva-<br>lent adult<br>male taking<br>meals at<br>home | Per<br>family       | Per equiva-<br>lent adult<br>male taking<br>meals at<br>home |                     |                             |                                   |                                      |
|                                    | catties              | catties                                                      | \$                  | \$                                                           |                     |                             | catties                           | \$                                   |
| Cakes, wheaten with sesamum ... .. | 1.98                 | .72                                                          | .203                | .074                                                         | 40                  | 83.3                        | 2.37                              | .244                                 |
| Bread, corn flour ... ..           | .21                  | .08                                                          | .009                | .003                                                         | 5                   | 10.4                        | 2.02                              | .085                                 |
| Vegetables etc. :                  | 218.44               | 79.58                                                        | 4.482               | 1.632                                                        | 48                  | 100.0                       | 218.44                            | 4.482                                |
| Chinese cabbage ... ..             | 114.60               | 41.75                                                        | 1.583               | .577                                                         | 48                  | 100.0                       | 114.60                            | 1.583                                |
| Sauerkraut ... ..                  | 6.13                 | 2.23                                                         | .093                | .034                                                         | 42                  | 87.5                        | 7.00                              | .106                                 |
| Turnips, salted ... ..             | 8.55                 | 3.11                                                         | .442                | .161                                                         | 48                  | 100.0                       | 8.55                              | .158                                 |
| Ke-to, salted ... ..               | 4.53                 | 1.65                                                         | .292                | .106                                                         | 46                  | 95.8                        | 4.72                              | .307                                 |
| Leaves of Ke-to, salted ... ..     | 3.08                 | 1.12                                                         | .129                | .047                                                         | 40                  | 83.3                        | 3.69                              | .155                                 |
| Chinese cabbage, salted ... ..     | .11                  | .04                                                          | .004                | .001                                                         | 10                  | 20.8                        | .51                               | .019                                 |
| Egg-plant, salted ... ..           | .03                  | .01                                                          | .001                | ( <sup>2</sup> )                                             | 6                   | 12.5                        | .25                               | .008                                 |
| Peppers, green, salted ... ..      | .02                  | .01                                                          | .002                | .001                                                         | 7                   | 14.6                        | .10                               | .014                                 |
| Vegetables, salted... ..           | .07                  | .03                                                          | .013                | .005                                                         | 7                   | 14.6                        | .51                               | .087                                 |
| Spinach ... ..                     | 14.24                | 5.19                                                         | .293                | .107                                                         | 48                  | 100.0                       | 14.24                             | .293                                 |
| Sweet potatoes ... ..              | 40.48                | 14.75                                                        | .741                | .270                                                         | 46                  | 95.8                        | 42.24                             | .773                                 |
| Taroos ... ..                      | .01                  | ( <sup>1</sup> )                                             | ( <sup>3</sup> )    | ( <sup>3</sup> )                                             | 1                   | 2.1                         | .65                               | .021                                 |

Table 14.—Average Quantity of and Expenditure for Specified Articles of Food Consumed by 48 Working Families in Six Months, by Classes and Articles of Food.—(Continued)

| Classes and articles of food       | All families<br>(48) |                                                              |                     |                                                              | Families purchasing |                             |                                   |                                      |
|------------------------------------|----------------------|--------------------------------------------------------------|---------------------|--------------------------------------------------------------|---------------------|-----------------------------|-----------------------------------|--------------------------------------|
|                                    | Average quantity     |                                                              | Average expenditure |                                                              | Number              | Per cent<br>of all families | Average<br>quantity per<br>family | Average<br>expenditure<br>per family |
|                                    | Per<br>family        | Per equiva-<br>lent adult<br>male taking<br>meals at<br>home | Per<br>family       | Per equiva-<br>lent adult<br>male taking<br>meals at<br>home |                     |                             |                                   |                                      |
|                                    | <i>catties</i>       | <i>catties</i>                                               | \$                  | \$                                                           |                     |                             | <i>catties</i>                    | \$                                   |
| Yams... ..                         | .03                  | .01                                                          | .002                | .001                                                         | 1                   | 2.1                         | 1.43                              | .080                                 |
| Turnips ... ..                     | 2.29                 | .83                                                          | .062                | .023                                                         | 42                  | 87.5                        | 2.61                              | .071                                 |
| Carrots ... ..                     | .93                  | .34                                                          | .012                | .004                                                         | 19                  | 39.6                        | 2.36                              | .031                                 |
| Green bean sprouts ... ..          | 3.42                 | 1.25                                                         | .059                | .021                                                         | 24                  | 50.0                        | 6.84                              | .117                                 |
| Yellow bean sprouts ... ..         | 6.08                 | 2.21                                                         | .164                | .060                                                         | 47                  | 97.9                        | 6.21                              | .168                                 |
| Light green beans, sprouted ... .. | .17                  | .06                                                          | .006                | .002                                                         | 14                  | 29.2                        | .59                               | .021                                 |
| Bean-curd ... ..                   | 5.69                 | 2.07                                                         | .181                | .066                                                         | 48                  | 100.0                       | 5.69                              | .181                                 |
| Bean-curd, green, fresh ... ..     | .39                  | .14                                                          | .007                | .003                                                         | 12                  | 25.0                        | 1.56                              | .030                                 |
| Bean-curd, preserved ... ..        | (1)                  | (1)                                                          | ( <sup>3</sup> )    | ( <sup>3</sup> )                                             | 1                   | 2.1                         | .04                               | .005                                 |
| Bean-curd, smoked ... ..           | .07                  | .03                                                          | .009                | .003                                                         | 11                  | 22.9                        | .32                               | .041                                 |
| Bean-curd, smoked, thin ... ..     | (1)                  | (1)                                                          | ( <sup>3</sup> )    | ( <sup>3</sup> )                                             | 1                   | 2.1                         | .14                               | .011                                 |
| Vermicelli ... ..                  | .26                  | .09                                                          | .055                | .020                                                         | 24                  | 50.0                        | .52                               | .040                                 |
| Vermicelli, fresh ... ..           | .02                  | .01                                                          | .004                | .001                                                         | 17                  | 35.4                        | .07                               | .012                                 |
| Bean-curd, green, dried ... ..     | .11                  | .04                                                          | .007                | .003                                                         | 8                   | 16.7                        | .65                               | .042                                 |
| Celery ... ..                      | .04                  | .01                                                          | .001                | ( <sup>3</sup> )                                             | 2                   | 4.2                         | .91                               | .021                                 |
| Coriander ... ..                   | .11                  | .04                                                          | .009                | .003                                                         | 33                  | 68.8                        | .15                               | .013                                 |

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Table 14.—Average Quantity of and Expenditure for Specified Articles of Food Consumed by 48 Working Families in Six Months, by Classes and Articles of Food.—(Continued)

| Classes and articles of food | All families (48) |                                                |                     |                                                | Families purchasing |                          |                             |                                |
|------------------------------|-------------------|------------------------------------------------|---------------------|------------------------------------------------|---------------------|--------------------------|-----------------------------|--------------------------------|
|                              | Average quantity  |                                                | Average expenditure |                                                | Number              | Per cent of all families | Average quantity per family | Average expenditure per family |
|                              | Per family        | Per equivalent adult male taking meals at home | Per family          | Per equivalent adult male taking meals at home |                     |                          |                             |                                |
|                              | catties           | catties                                        | \$                  | \$                                             |                     |                          | catties                     | \$                             |
| Salted cabbage, dried ...    | (1)               | (1)                                            | (2)                 | (2)                                            | 1                   | 2.1                      | .03                         | .006                           |
| Onions ...                   | 5.06              | 1.84                                           | .172                | .063                                           | 48                  | 100.0                    | 5.06                        | .172                           |
| Garlics ...                  | .22               | .08                                            | .041                | .015                                           | 44                  | 91.6                     | .24                         | .045                           |
| Allium adorum ...            | 1.50              | .55                                            | .073                | .027                                           | 44                  | 91.6                     | 1.64                        | .080                           |
| Flowers of allium adorum ... | .05               | .02                                            | .006                | .002                                           | 18                  | 37.5                     | .14                         | .015                           |
| Peppers, green ...           | .04               | .01                                            | .008                | .003                                           | 28                  | 58.4                     | .07                         | .013                           |
| Green pepper paste ...       | .02               | .01                                            | .001                | (2)                                            | 3                   | 6.3                      | .32                         | .011                           |
| Lily flowers, dried ...      | (1)               | (1)                                            | .001                | (2)                                            | 6                   | 12.5                     | .03                         | .011                           |
| Fungi ...                    | (1)               | (1)                                            | .001                | (2)                                            | 4                   | 8.3                      | .01                         | .014                           |
| Mushrooms ...                | (1)               | (1)                                            | (2)                 | (2)                                            | 2                   | 4.2                      | .03                         | .012                           |
| Seaweeds, long ...           | .06               | .02                                            | .008                | .003                                           | 9                   | 18.7                     | .33                         | .044                           |
| Condiments:                  |                   |                                                |                     |                                                |                     |                          |                             |                                |
| Sesamum oil ...              | 25.78             | 9.39                                           | 3.315               | 1.206                                          | 48                  | 100.0                    | 25.78                       | 3.315                          |
| Mutton fat ...               | 4.42              | 1.61                                           | 1.401               | .510                                           | 48                  | 100.0                    | 4.42                        | 1.401                          |
| Lard ...                     | .21               | .08                                            | .058                | .021                                           | 39                  | 81.2                     | .26                         | .071                           |
|                              | .30               | .11                                            | .116                | .042                                           | 28                  | 58.4                     | .52                         | .198                           |

Table 14.—Average Quantity of and Expenditure for Specified Articles of Food Consumed by 48 Working Families in Six Months, by Classes and Articles of Food.—(Continued)

| Classes and articles of food | All families (48) |                                                |                     |                                                | Families purchasing |                          |                             |                                |
|------------------------------|-------------------|------------------------------------------------|---------------------|------------------------------------------------|---------------------|--------------------------|-----------------------------|--------------------------------|
|                              | Average quantity  |                                                | Average expenditure |                                                | Number              | Per cent of all families | Average quantity per family | Average expenditure per family |
|                              | Per family        | Per equivalent adult male taking meals at home | Per family          | Per equivalent adult male taking meals at home |                     |                          |                             |                                |
| Salt ... ..                  | catties           | catties                                        | \$                  | \$                                             |                     |                          | catties                     | \$                             |
| Soy paste...                 | 10.54             | 3.84                                           | .843                | .307                                           | 48                  | 100.0                    | 10.54                       | .843                           |
| Sesamum paste...             | 6.47              | 2.36                                           | .524                | .191                                           | 48                  | 100.0                    | 6.47                        | .524                           |
| Soy sauce ... ..             | .27               | .10                                            | .052                | .019                                           | 44                  | 91.7                     | .30                         | .057                           |
| Shrimp sauce ... ..          | .50               | .18                                            | .042                | .015                                           | 32                  | 66.7                     | .75                         | .064                           |
| Vinegar ... ..               | .01               | (1)                                            | .001                | (2)                                            | 1                   | 2.1                      | .57                         | .061                           |
| Sugar, white ... ..          | 1.93              | .70                                            | .081                | .030                                           | 48                  | 100.0                    | 1.93                        | .081                           |
| Sugar, brown...              | .13               | .05                                            | .025                | .009                                           | 12                  | 25.0                     | .53                         | .101                           |
| Pepper, black, ground        | .84               | .31                                            | .143                | .052                                           | 39                  | 81.2                     | 1.03                        | .176                           |
| Pepper, red ... ..           | (1)               | (1)                                            | .002                | .001                                           | 13                  | 27.1                     | .01                         | .009                           |
| Aniseed star ... ..          | .02               | .01                                            | .008                | .003                                           | 41                  | 85.5                     | .02                         | .010                           |
| Ginger ... ..                | (1)               | (1)                                            | .002                | .001                                           | 12                  | 25.0                     | .02                         | .009                           |
| Mustard ... ..               | .12               | .04                                            | .015                | .005                                           | 37                  | 77.0                     | .15                         | .020                           |
| Bean starch ... ..           | .01               | (1)                                            | .001                | (2)                                            | 6                   | 12.5                     | .05                         | .006                           |
|                              | .01               | (1)                                            | .001                | (2)                                            | 3                   | 6.3                      | .08                         | .011                           |
| Meats etc. : ... ..          | 6.39              | 2.33                                           | 1.603               | .585                                           | 48                  | 100.0                    | 6.39                        | 1.603                          |
| Mutton ... ..                | 2.76              | 1.01                                           | .803                | .293                                           | 48                  | 100.0                    | 2.76                        | .803                           |

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Table 14.—Average Quantity of and Expenditure for Specified Articles of Food Consumed by 48 Working Families in Six Months, by Classes and Articles of Food.—(Continued)

| Classes and articles of food | All families<br>(48) |                                                              |                     |                                                              | Families purchasing |                             |                                   |                                      |
|------------------------------|----------------------|--------------------------------------------------------------|---------------------|--------------------------------------------------------------|---------------------|-----------------------------|-----------------------------------|--------------------------------------|
|                              | Average quantity     |                                                              | Average expenditure |                                                              | Number              | Per cent<br>of all families | Average<br>quantity per<br>family | Average<br>expenditure<br>per family |
|                              | Per<br>family        | Per equiva-<br>lent adult<br>male taking<br>meals at<br>home | Per<br>family       | Per equiva-<br>lent adult<br>male taking<br>meals at<br>home |                     |                             |                                   |                                      |
|                              | catties              | catties                                                      | \$                  | \$                                                           |                     |                             | catties                           | \$                                   |
| Sheep's liver ... ..         | .01                  | (1)                                                          | .003                | .001                                                         | 3                   | 6.3                         | .14                               | .048                                 |
| Sausage ... ..               | .03                  | .01                                                          | .002                | .001                                                         | 1                   | 2.1                         | 1.43                              | .080                                 |
| Melange, mutton ... ..       | .01                  | (1)                                                          | .002                | .001                                                         | 1                   | 2.1                         | .25                               | .106                                 |
| Pork ... ..                  | 1.32                 | .48                                                          | .372                | .136                                                         | 29                  | 60.4                        | 2.19                              | .615                                 |
| Beef ... ..                  | 1.26                 | .46                                                          | .273                | .100                                                         | 37                  | 81.2                        | 1.56                              | .336                                 |
| Ox tongue ... ..             | .03                  | .01                                                          | .004                | .001                                                         | 3                   | 6.3                         | .43                               | .060                                 |
| Melange, beef ... ..         | .20                  | .07                                                          | .026                | .009                                                         | 4                   | 8.3                         | 2.41                              | .306                                 |
| Fish ... ..                  | .07                  | .03                                                          | .008                | .003                                                         | 1                   | 2.1                         | 3.59                              | .398                                 |
| Fresh-water snails ... ..    | .01                  | (1)                                                          | (2)                 | (2)                                                          | 1                   | 2.1                         | .69                               | .011                                 |
| Shrimps ... ..               | .60                  | .22                                                          | .077                | .028                                                         | 47                  | 97.9                        | .62                               | .078                                 |
| Eggs ... ..                  | .08                  | .03                                                          | .033                | .012                                                         | 7                   | 14.6                        | .05                               | .225                                 |
| Refreshments etc. : ... ..   | 42.83                | 15.61                                                        | .530                | .193                                                         | 47                  | 97.9                        | 43.74                             | .541                                 |
| Fruits : ... ..              | .98                  | .36                                                          | .086                | .031                                                         | 31                  | 64.6                        | 1.52                              | .133                                 |
| Persimmons ... ..            | .50                  | .18                                                          | .027                | .010                                                         | 26                  | 54.2                        | .93                               | .049                                 |
| Pears ... ..                 | .06                  | .02                                                          | .007                | (2)                                                          | 4                   | 8.3                         | .81                               | .090                                 |

Table 14.—Average Quantity of and Expenditure for Specified Articles of Food Consumed by 48 Working Families in Six Months, by Classes and Articles of Food.—(Continued)

| Classes and articles of food          | All families<br>(48) |                                                              |                     |                                                              | Families purchasing |                             |                                   |                                      |
|---------------------------------------|----------------------|--------------------------------------------------------------|---------------------|--------------------------------------------------------------|---------------------|-----------------------------|-----------------------------------|--------------------------------------|
|                                       | Average quantity     |                                                              | Average expenditure |                                                              | Number              | Per cent<br>of all families | Average<br>quantity per<br>family | Average<br>expenditure<br>per family |
|                                       | Per<br>family        | Per equiva-<br>lent adult<br>male taking<br>meals at<br>home | Per<br>family       | Per equiva-<br>lent adult<br>male taking<br>meals at<br>home |                     |                             |                                   |                                      |
|                                       | catties              | catties                                                      | \$                  | \$                                                           |                     |                             | catties                           | \$                                   |
| Oranges ... ..                        | .04                  | .01                                                          | .012                | (2)                                                          | 2                   | 4.2                         | .96                               | .293                                 |
| Apples ... ..                         | .01                  | (1)                                                          | .003                | (2)                                                          | 2                   | 4.2                         | .25                               | .082                                 |
| Cherry-apples... ..                   | .10                  | .04                                                          | .010                | (2)                                                          | 12                  | 25.0                        | .40                               | .040                                 |
| Lily roots ... ..                     | .01                  | (1)                                                          | (2)                 | (2)                                                          | 1                   | 2.1                         | .28                               | .021                                 |
| Haw fruits ... ..                     | .18                  | .07                                                          | .019                | .007                                                         | 6                   | 12.5                        | 1.45                              | .156                                 |
| Haw fruits, preserved in sugar ... .. | (1)                  | (1)                                                          | (2)                 | (2)                                                          | 1                   | 2.1                         | .06                               | .011                                 |
| Dates ... ..                          | .04                  | .01                                                          | .004                | (2)                                                          | 6                   | 12.5                        | .31                               | .031                                 |
| Black dates ... ..                    | .02                  | .01                                                          | .001                | (2)                                                          | 2                   | 4.2                         | .47                               | .027                                 |
| Persimmons, dried... ..               | (1)                  | (1)                                                          | (2)                 | (2)                                                          | 1                   | 2.1                         | .17                               | .016                                 |
| Plums ... ..                          | (1)                  | (1)                                                          | (2)                 | (2)                                                          | 1                   | 2.1                         | .03                               | .008                                 |
| Apricot, dried... ..                  | .01                  | (1)                                                          | .001                | (2)                                                          | 1                   | 2.1                         | .37                               | .053                                 |
| Others: ... ..                        | 41.85                | 15.25                                                        | .444                | .162                                                         | 47                  | 97.9                        | 42.74                             | .453                                 |
| Doughnuts ... ..                      | .10                  | .04                                                          | .021                | .008                                                         | 16                  | 33.3                        | .31                               | .064                                 |
| Dumplings, wheaten, steamed ... ..    | .31                  | .11                                                          | .029                | .011                                                         | 12                  | 25.0                        | 1.23                              | .118                                 |
| Dumplings, wheaten, boiled ... ..     | .02                  | .01                                                          | .002                | (2)                                                          | 2                   | 4.2                         | .60                               | .057                                 |

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Table 14.—Average Quantity of and Expenditure for Specified Articles of Food Consumed by 48 Working Families in Six Months, by Classes and Articles of Food. (Continued)

| Classes and articles of food             | All families<br>(48) |                                                            | Families purchasing |                                                            |        |                             |
|------------------------------------------|----------------------|------------------------------------------------------------|---------------------|------------------------------------------------------------|--------|-----------------------------|
|                                          | Average quantity     |                                                            | Average expenditure |                                                            | Number | Per cent<br>of all families |
|                                          | Per<br>family        | Per equivalent<br>adult<br>male taking<br>meals at<br>home | Per<br>family       | Per equivalent<br>adult<br>male taking<br>meals at<br>home |        |                             |
|                                          | catties              | catties                                                    | \$                  | \$                                                         |        |                             |
| Bread, steamed, filled with sugar ... .. | .01                  | (1)                                                        | .002                | (2)                                                        | 3      | 6.3                         |
| Cakes, green bean... ..                  | .01                  | (1)                                                        | .001                | (2)                                                        | 1      | 2.1                         |
| Cakes, glutinous rice ... ..             | .38                  | .14                                                        | .042                | .015                                                       | 8      | 16.7                        |
| Sponge cakes ... ..                      | (1)                  | (1)                                                        | (2)                 | (2)                                                        | 1      | 2.1                         |
| Bean soup ... ..                         | 39.08                | 14.24                                                      | .074                | .027                                                       | 38     | 79.2                        |
| Bean whey ... ..                         | .01                  | (1)                                                        | (2)                 | (2)                                                        | 1      | 2.1                         |
| Almond soup ... ..                       | .02                  | .01                                                        | (2)                 | (2)                                                        | 2      | 4.2                         |
| Beef snet... ..                          | .03                  | .01                                                        | .006                | .002                                                       | 1      | 2.1                         |
| Lily root flour... ..                    | .02                  | .01                                                        | .004                | .001                                                       | 7      | 14.6                        |
| Dumplings, rice flour ... ..             | .12                  | .04                                                        | .025                | .009                                                       | 8      | 16.7                        |
| Moon cakes ... ..                        | .14                  | .05                                                        | .030                | .011                                                       | 3      | 6.3                         |
| Kang-lu, (cake) ... ..                   | .05                  | .02                                                        | .010                | .004                                                       | 2      | 4.2                         |
| Honey-cakes ... ..                       | .13                  | .05                                                        | .031                | .011                                                       | 3      | 6.3                         |
| Cakes, sundry... ..                      | .09                  | .03                                                        | .023                | .008                                                       | 2      | 4.2                         |
| Mixed nuts ... ..                        | .07                  | .03                                                        | .015                | .005                                                       | 4      | 8.3                         |
| Peanuts ... ..                           | 1.08                 | .39                                                        | .092                | .034                                                       | 43     | 89.6                        |
|                                          |                      |                                                            |                     |                                                            |        | 1.21                        |
|                                          |                      |                                                            |                     |                                                            |        | .103                        |

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Table 14.—Average Quantity of and Expenditure for Specified Articles of Food Consumed by 48 Working Families in Six Months, by Classes and Articles of Food.—(Continued)

| Classes and articles of food | All families<br>(48) |                                                              |                     |                                                              | Families purchasing |                             |                                   |                                      |
|------------------------------|----------------------|--------------------------------------------------------------|---------------------|--------------------------------------------------------------|---------------------|-----------------------------|-----------------------------------|--------------------------------------|
|                              | Average quantity     |                                                              | Average expenditure |                                                              | Number              | Per cent<br>of all families | Average<br>quantity per<br>family | Average<br>expenditure<br>per family |
|                              | Per<br>family        | Per equiva-<br>lent adult<br>male taking<br>meals at<br>home | Per<br>family       | Per equiva-<br>lent adult<br>male taking<br>meals at<br>home |                     |                             |                                   |                                      |
|                              | catties              | catties                                                      | \$                  | \$                                                           |                     |                             | catties                           | \$                                   |
| Melon seeds ... ..           | (1)                  | (1)                                                          | .002                | .001                                                         | 2                   | 4.2                         | .06                               | .046                                 |
| Walnuts ... ..               | .02                  | .01                                                          | .011                | .004                                                         | 1                   | 2.1                         | 1.04                              | .531                                 |
| Chestnuts ... ..             | .10                  | .04                                                          | .011                | .004                                                         | 9                   | 18.8                        | .55                               | .057                                 |
| Broad beans ... ..           | (1)                  | (1)                                                          | (2)                 | (2)                                                          | 1                   | 2.1                         | .13                               | .011                                 |
| Candies ... ..               | .06                  | .02                                                          | .012                | .004                                                         | 10                  | 20.8                        | .28                               | .056                                 |

(1) Less than 0.005 cattie, or 2.8 grams.

(2) Less than \$0.0005, or about two-tenths of a copper.

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262 sufficient food, but it should be remarked that the food prepared and cooked at home is much less expensive and usually costs only half the price that is paid for ready-made meals sold abroad.

The second part of the table shows the number and percentage of families actually purchasing various foods and also the average quantity bought and average amount spent per family making purchases. It will be seen that certain kinds of food, viz. millet, corn flour, millet flour, wheat flour, cabbage, salted turnips, spinach, beancurd, onions, sesamum oil, salt, soy-paste, vinegar, and mutton, being consumed by all the families without exception, constitute what may be called the standard diet of the families studied. Of the cereals, corn flour leads all the rest both in quantity and in expenditure, while millet flour comes easily the second. Both these principal cereals are supplemented by rice, buckwheat and *kaoliang*. The first mentioned article, while not quite palatable to the taste of northern Chinese and also comparatively more costly, is used only occasionally and sparingly for making porridge. In the vegetable group, cabbage, salted turnips, spinach, beancurd and onions are universally used. Of these, salted turnips in conjunction with other pickles in the list serve as appetizers and beancurd, a manufactured legume product having various kinds of make, may perhaps be considered a national food, as it is consumed all over China. The wide use of such odoriferous and pungent articles as onions, garlic and *allium adorum* may be accounted for by the fact that they are excellent appetizers for the poorer classes, as they cannot afford to consume meat and other delicacies except once in a long while.

[252] Sesamum oil is used in north China chiefly to cook food with, or to make fry, while salt and vinegar are all condiments

[263] indispensable in preparing dishes. Soy-paste, a tasteful condiment somewhat similar to the Japanese *miso*, is greatly liked as a relish by the Peking people, hence its wide use. One may notice that the salt figures that appeared in the average expenditure columns are only second to those for sesamum oil. The

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exorbitant duties levied by the government on the manufacture, transportation as well as sale of salt has already made it a luxury to families of humble means and it is known that some have even been denied at times the use of it on account of its abnormally high price. 262

The low consumption of meat by the families is only natural, as the high and increasing cost of meat in Peking has certainly prohibited families of limited means from eating it frequently and then when they do, they have to be contented with only small quantities. The Chinese people have been known as a pork-eating race, but so far as the data supplied by the Peking working families go, there is no doubt that mutton rather than pork is the popular meat among them. This, it may be suggested, is due to two reasons. One is the comparatively lower cost of mutton because it is supplied in abundance from the pasture lands in proximity to Peking and the other is the flavour which it gives to the dishes cooked with it, so that those who are denied of other delicacies will at least find mutton appetizing.

The refreshments group consists of fruits, pastries and other edibles which, being taken essentially as refreshments in small portions, do not form part of a proper meal. That fruits should occupy such an insignificant place among the foods is due mainly to the slender purse of these families, and perhaps also due, to some extent, to the absence among these people of the habit of taking them. Indeed, some fruits like persimmons and pears, which grow plentifully in the vicinity of Peking and as a rule, are displayed on the stalls in abundance on the streets, should not have lacked customers but for the heavy octroi taxes and duties which have so raised their prices that they have practically become a luxury of the well-to-do.

It is not necessary for us to go into every article of food, but in studying Table 14, one can hardly fail to notice the distinctive features of food consumption of these Peking families. Briefly stated they are:

(1) By far, the largest amount of the expenditure spent by the average family for food goes to the cereal group and that is 80

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- 262 per cent of its entire food expenses.<sup>1</sup> While 9.1 per cent goes to vegetables and 6.7 per cent goes to condiments, the expenses on meat, fish and other animal foods are insignificantly low, viz. only 3.2 per cent. This striking fact no doubt supports the contention that the Chinese are essentially a vegetarian people, but it should be observed that it is more than likely that their low consumption of meat is entirely due to their slender income.

(2) In lieu of meat and dainties, pickles and pungent and odoriferous edibles are plentifully consumed as appetizers.

(3) The sparing use of fruits as food, a feature which may be considered as characteristic of the diet of the Peking people of humble means.

(4) The significant fact that milk and its products are entirely absent from the Chinese menu is well-known and hardly needs dwelling upon, though it should be pointed out that even previous to the advent of modern dairies, there have been in existence in Peking stores engaged in making curdled milk and its allied products, the favourite foods of Manchus and Mongols.

## FOOD EXPENSES ANALYSED

261 Most people of the forty-eight families had their meals prepared and cooked at home, a few bought their meals from  
265 hawkers or food dealers and still a few others took their meals with relatives. As food was obtained from different sources, so its expenses varied. As has been previously remarked, the food purchased from dealers is invariably more expensive. Our analysis of food expenses showed that every meal prepared and cooked at home cost on the average \$0.05, or \$0.06 including expenses for fuel and water, per equivalent adult, while that prepared and sold by dealers would cost on the average \$0.103 per equivalent adult; the cost of meals offered by relatives was found to be about the same as that cooked at home.

<sup>1</sup> For the percentage of food expenses, see Table 16, p. 96.

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261 thing to do would be to prepare and take all the meals at home.  
265 On examining into those who purchased their meals from dealers, however, it appears that this was entirely out of the question, because their working conditions, such as those of rickshamen, apprentices and shop-assistants would not allow them time to return home to take their meals. In fact, the comparatively higher income of certain persons sometimes necessitates them to spend more on ready-made food purchased from vendors.

A solution of this problem lies perhaps in opening food shops in the city where wholesome food may be procured at cost price.

## DIETS OF A FEW PEOPLES COMPARED

● 262 A comparison between the diets of the peoples of different countries is generally an uncertain undertaking, as they usually have different food habits. Nevertheless, we venture to give here a few figures for food expenses from the Japanese and Indian studies with a view to showing the status of the food consumption of the Peking labourers. It seems that there are resemblances of an important character among the diets of the three peoples, the Chinese, the Japanese and the Indians. Firstly, all of them are essentially "vegetarian" in the sense that they eat meat very sparingly. Secondly, they all use rice or wheat or some other cereal as their principal food, the other articles, such as meat, fish, vegetables and condiments being consumed merely for the purpose of stimulating appetite. Of course, differences may also be found among the three diets. For instance, in contrast with the diet of our Peking families, the Japanese consume more fish and sea-food; though, in this respect, the Chinese along the sea-coast are like them. With many Indians, milk and occasionally butter form their favourite foods, whereas Chinese of the labouring class hardly touch them. These considerations, however, need not detain us here, since they do not affect the basic resemblance of the three diets which we have pointed out. As a matter of fact, a comparison of the diets should be preferably made in

## FOOD CONSUMPTION

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the quantities of food consumed, for it is the latter that are of real importance to us. Unfortunately data of this kind are not often obtainable; only the food expenses are available for comparison here. Furthermore, in making such a comparison, besides the expenses, there are other extremely important factors which should be taken into consideration. Prices and currency, for instance, often influence the distribution of food expenses to a great extent, but to make a study of their bearing upon food expenditures it would be beyond our present scope. Consequently, the expenses taken from the Japanese and Indian studies are presented as they are, without referring to such factors as price levels and currency conditions.

According to studies made by Dr. Kokichi Morimoto,<sup>1</sup> food is divided into principal and subordinate foods which correspond respectively to our cereals and the other four groups combined. In the following table, this extremely convenient way of classifying oriental diet is adopted. The figures which are taken from Dr. Morimoto's studies are the percentages of the total food expenditure for small farmers, prisoners and labourers.

Percentages of Expenditure for Principal and Subordinate Foods

| Class of food         | Peking labourer<br>(1926-27) | Japanese               |                          |                    |                       |
|-----------------------|------------------------------|------------------------|--------------------------|--------------------|-----------------------|
|                       |                              | Tokyo Farmer<br>(1915) | Country farmer<br>(1913) | Labourer<br>(1914) | Prisoner<br>(1913-14) |
| Principal food ... .. | 80.0                         | 59.9                   | 61.9                     | 84.6               | 86.5                  |
| Subordinate food ...  | 20.0                         | 40.1                   | 38.1                     | 15.5               | 13.5                  |

It will be seen that although the figures showing the distribution of food expenses of the Peking labourers compare favourably with those for Japanese prisoners and labourers, they are, however, not so well adjusted as those of the Japanese farmers,

<sup>1</sup> See Kokichi Morimoto, *The Standard of Living in Japan*, 1918 Baltimore, pp. 29-35.

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262 for the latter seemed to have earned sufficient income to enable them to improve their subordinate foods.

Literature on Indian diet is sorely lacking in the libraries in this part of the country. The data that we are able to discover are from the economics studies of the University of Madras<sup>1</sup> and the interesting account of the economic life of Faridpur, a district in Bengal.<sup>2</sup> All the data refer to villagers or workers. As they are widely different from one another, it is impossible to tell which approximate the percentage figures for the average or normal family. However, they are given here entirely for the sake of comparison. It is hardly necessary to add that the percentages are calculated by us from the data of various studies.

Percentages of Expenditure for Groups of Food

|                                 | Tinnevely<br>Brahman<br>(1916) | Tinnevely<br>Tenant<br>(1916) | South Kanara<br>farmer (1916) | Trichinopoly<br>Village head-<br>man (1916) | Trichinopoly<br>Brahman far-<br>mer (1916) | Faridpur<br>working class<br>family in ex-<br>cess of com-<br>fort | Faridpur<br>working class<br>family in ex-<br>cess of com-<br>fort | Indigene<br>Minimum<br>subsistence<br>of a farm<br>family <sup>3</sup> | Peking<br>labourer<br>(1926-27) |
|---------------------------------|--------------------------------|-------------------------------|-------------------------------|---------------------------------------------|--------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------|
| Rice and other<br>cereals ..... | 47                             | 77                            | 73                            | 77                                          | 44                                         | 73                                                                 | 82                                                                 | 85                                                                     | 80                              |
| Vegetables,<br>oil etc. ....    | 52                             | 23                            | 27                            | 23                                          | 56                                         | 22                                                                 | 20                                                                 | 15                                                                     | 20                              |

It will be found from the figures presented in the above table that with the exceptions of the Tinnevely Brahman, the Trichinopoly Brahman farmer and the South Kanara farmer, the proportion of expenses for grains and subordinate foods in the majority of cases conforms roughly with that of the food expenses for the Peking labouring family. And it seems that as far as the percentages of the food expenses go, the Peking labourer equals the Faridpur family in comfort.

<sup>1</sup> *South Indian Villages, University of Madras Economic Series* 1918, London, pp. 75-76, 217 and 225-226.

<sup>2</sup> J. C. Jack. *The Economic Life of a Bengal District* 1916 Oxford p. 71.

<sup>3</sup> This is taken from a budget constructed for the purpose of showing the expenses required for maintaining the minimum subsistence of an Indian village family. See *Indian Journal of Economics* Vol. VII, p. 490.

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are, as a rule, barely sufficient even for the food expenses of himself and of his family and that any increase of his earnings, if there be, would at once be used either to increase the quantity or to improve the quality of the food they consume. Persons of the last income group seemed to fare better, for in this case there appears a lower percentage in food and a higher percentage in other expenses.

Table 23.—Average Expenditure per Equivalent Adult in Six Months, by Income Groups

| Income group    | Rickshaman |        | Total   | Members other than Rickshaman |        | Total   |
|-----------------|------------|--------|---------|-------------------------------|--------|---------|
|                 | Food       | Others |         | Food                          | Others |         |
| \$45- 69.9 ...  | \$20.02    | \$5.66 | \$25.68 | \$18.59                       | \$5.66 | \$24.25 |
| 70- 94.9 ...    | 26.43      | 5.82   | 32.25   | 20.50                         | 5.55   | 26.05   |
| 95-119.9 ...    | 29.25      | 5.66   | 34.90   | 22.03                         | 5.73   | 27.76   |
| 120-144.9 ...   | 28.53      | 7.86   | 36.39   | 24.79                         | 7.94   | 32.73   |
| All incomes ... | 27.13      | 5.87   | 33.00   | 21.16                         | 5.75   | 26.91   |
| PER CENT        |            |        |         |                               |        |         |
| \$45- 69.9 ...  | 78.1       | 22     | 100     | 77                            | 23     | 100     |
| 70- 94.9 ...    | 82         | 18     | 100     | 79                            | 21     | 100     |
| 95-119.9 ...    | 84         | 16     | 100     | 79                            | 21     | 100     |
| 120-144.9 ...   | 78         | 22     | 100     | 76                            | 24     | 100     |
| All incomes ... | 82         | 18     | 100     | 79                            | 21     | 100     |

N. B. In this as well as the following table, fuel and water have been included in the food expenses for better comparing the food cost at home and on the street.

Mention has been made of the higher food cost of the rickshaman compared with that of the persons taking meals at home. It is now necessary to study a little more closely the conditions that give rise to such a discrepancy. In our accounts, the quality and quantity of food consumed by rickshamen outside their homes were not given. Independent inquiries were then instituted into the principal cereals they consume most and the average expenses

494 they spend for food on the street. It was found that apart from  
 • 262 salted pickles or other flavoured dishes, they consumed at their  
 511 two meals from 840 to 1,100 grams of wheat flour per day. Compared with the food consumed by persons at home, which consisted mainly of corn flour and millet flour, wheat is obviously better in quality, being more nutritious and easily digestible and higher in cost. Considering the quantity of wheat alone which the rickshamen consumed as their main food, it yields a fuel value of from 3,000 to 4,000 calories; such figures are decidedly higher even than those of the persons of the last income group taking meals at home. On the whole, the rickshamen's diet away from home is better in quality, great in quantity, and higher in cost. And this, it may be suggested, is chiefly due to the following reasons.

Table 24.—Average Food Expenses per Rickshaman,  
by Income Groups

| Income group      | No. of Rickshamen | Average number of meals in 6 months |         | Average expense per meal |         | Average food expense in 6 months |         | Food consumption at home per equivalent adult per day (calories) |
|-------------------|-------------------|-------------------------------------|---------|--------------------------|---------|----------------------------------|---------|------------------------------------------------------------------|
|                   |                   | Outside home                        | At home | Outside home             | At home | Outside home                     | At home |                                                                  |
| \$ 45- 69.9       | 2                 | 18                                  | 344     | \$.114                   | \$.052  | \$2.00                           | \$15.02 | 2,296                                                            |
| 70- 94.9          | 20                | 101                                 | 261     | .109                     | .059    | 11.00                            | 15.43   | 2,645                                                            |
| 95-119.9          | 12                | 138                                 | 224     | .111                     | .062    | 15.29                            | 13.96   | 2,765                                                            |
| 120-144.9         | 2                 | 97                                  | 265     | .110                     | .067    | 10.67                            | 17.85   | 2,918                                                            |
| All incomes ..... | 36                | 108                                 | 254     | .110                     | .069    | 11.91                            | 15.22   | 2,670                                                            |

Firstly, ricksha pulling being hard work, it requires an immense amount of energy to be expended. The rickshaman has therefore either to take a greater amount of food or improve his diet, or both. Either or both would tax his lean purse. Secondly, as has already been noted, food supplied by stores is necessarily more costly than that cooked by one's own people at home, for dealers in food, besides having certain charges to meet, would naturally sell it at a profit and the rickshaman's food expenses on the street are therefore increased. Finally, various kinds of food exhibited in the stalls furnish to him a constant attraction,

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too strong to be resisted by the hungry stomach, particularly as he happens to have cash ready in hand. Consequently there is every reason to believe that the rickshaman would spend more of his earnings for food when he is on the street. 494 262 511

One interesting feature in Table 24 shows, however, that persons of both the lowest and highest groups in our inquiry took more meals at home. As an explanation of this, it may be suggested that those of low earning capacity could not afford to buy ready-made meals from outside, so as to reduce still more their scanty earnings, seeing that they would be more costly, while those with higher earnings had no need to take their meals outside, because their diet at home appears to have become fairly wholesome.

In our study of the food consumption in a previous chapter, it has been shown that the calories per equivalent adult per day were decreasing progressively with the rise of family income. It has further been pointed out that this feature was a result of the increasing size of the family. In the case of the rickshaman, however, a reverse tendency is noticed, for the higher the income of the rickshaman, the greater was the number of calories per equivalent adult taking meals at home per day. It is interesting to note that this in no way disproves our previous statement, but, on the contrary, confirms it. Again, it is the population factor that shows its influence, for it was discovered that the rickshaman's family did not grow with the increase of his earnings; in fact, it showed a tendency to remain almost stationary. As we are going to point out below, it is possible that the size of the rickshaman's family is limited by his earnings.

It has been shown in Table 23 that with the first and second income groups, what remained to the total earnings of the individual rickshaman after deducting his rent for the vehicle which he had to pay was divided between himself and his family, and of this amount only less than one half was delivered to the family for its support. With the other two groups, the conditions seem to have improved, as a greater portion of the earnings that remained went to support the family members. In analysing the

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494 family members, it has been found that the number of equivalent  
 • 262 adults supported by the rickshaman with his earnings was very  
 511 limited. With the lowest income group, the earnings of an individual could support only half an adult, beside himself, while even with the highest income group, they could barely support two. It appears that even the rickshaman whose total earnings are twenty dollars a month could hardly support three fully grown-up members including himself. To maintain the standard of living as is exemplified in this study, it seems that his family should consist only of his wife and two children, each of whom must be under eleven years of age. Yet such an ideal family can hardly be

Table 25.—Family Supporting Capacity per Rickshaman, by Income Groups

| Income group   | No. of rickshamen | Average amount for supporting family in 6 months | Average number of equivalent adults per family  |                                        |       |
|----------------|-------------------|--------------------------------------------------|-------------------------------------------------|----------------------------------------|-------|
|                |                   |                                                  | Supported by rickshaman's earnings <sup>1</sup> | Not supported by rickshaman's earnings | Total |
| \$45- 69.9 ... | 2                 | \$12.47                                          | 0.5                                             | 2.2                                    | 3.7   |
| 70- 94.9 ...   | 20                | 31.63                                            | 1.2                                             | 1.1                                    | 3.3   |
| 95-119.9 ...   | 12                | 45.02                                            | 1.6                                             | 1.0                                    | 3.6   |
| 120-144.9 ...  | 2                 | 60.98                                            | 1.9                                             | 0.7                                    | 3.6   |
| All incomes    | 36                | 36.66                                            | 1.4                                             | 1.0                                    | 3.4   |

<sup>1</sup> Not including the rickshaman.

met with among the rickshamen, for all the thirty-six of them under investigation had on the average 3.4 equivalent adults in each family. It is, therefore, obvious that their earnings are insufficient to support some of their family members and that they had to fall back upon other sources of income to feed them, such as earnings of sons and daughters, presents from relatives, or even public relief. If these sources fail them, loans and mortgages must be resorted to as a means to tide over their privations. This, it should be noted, refers only to the rickshaman having high earning capacity. As regards the rickshamen of the lowest income group, their conditions are naturally much worse, for they had on the average 2.2 equivalent adults, who could not be fed with their earnings.

## THE ELEMENTARY SCHOOL TEACHER

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It will be seen from the above table that if the salaries of the teachers were all fully paid, there would be eight families having an average surplus of \$17.25 each and four families having an average deficit of \$9.05 each. Naturally, a much greater amount of surplus was obtained in the families having four members or less than in those having more than four members. Likewise, a much greater amount of deficit was obtained in the latter than in the former. In case the salaries of the teachers were paid 50 per cent, it will be seen that none of the families having more than four members could maintain their living on the reduced amount. Even four out of the seven small-sized families found that amount insufficient, as an average deficit of \$20.58 was obtained in each of them.

It is evident from the foregoing discussion that the irregularity of payment in the teaching profession in Peking must have had deleterious effects upon the life of its members. Even admitting that the standard of living of the elementary school teachers as is represented by our inquiry is a decent one, a reduction of their regular income to half would no doubt enhance the hardships of their life. Under such circumstances, the immediate outcome would be a demoralization of the teaching profession. But what is most admirable about our elementary school teachers is that, notwithstanding the irregularity, nay insecurity of their income, they have managed to remain faithfully at their work and only save under very special circumstances, conducted their classes as if nothing has happened to their household economy.

Food Consumption. It cannot be too often repeated that our budgetary study of the elementary school teachers was confined to only one winter month, and it is essential to bear this fact in mind particularly in a study of their food consumption, lest the data should be taken as representative of the whole year.

The food articles which have been consumed without exception by all the teachers' families under investigation were rice, wheat flour, Chinese cabbage, onions, sesamum oil, salt, soy paste, soy sauce, vinegar, pork and peanuts. Turnips, both fresh

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Table 29.—Average Quantity of and Expenditure for Specified Articles of Food Consumed by 12 Teachers' Families in One Month, by Classes and Articles of Food.

| Classes and articles of food       | All families<br>(12) |                                                |                     |                                                | Families purchasing |                                   |                                      |
|------------------------------------|----------------------|------------------------------------------------|---------------------|------------------------------------------------|---------------------|-----------------------------------|--------------------------------------|
|                                    | Average quantity     |                                                | Average expenditure |                                                | Number              | Average<br>quantity<br>per family | Average<br>expenditure<br>per family |
|                                    | Per family           | Per equivalent adult male taking meals at home | Per family          | Per equivalent adult male taking meals at home |                     |                                   |                                      |
|                                    | catties              | catties                                        | \$                  | \$                                             |                     | catties                           | \$                                   |
| ALL CLASSES ... ..                 | 237.16               | 66.98                                          | 16.032              | 4.528                                          | 12                  | 237.16                            | 16.032                               |
| Cereals etc. ... ..                | 117.36               | 33.14                                          | 9.806               | 2.769                                          | 12                  | 117.36                            | 9.806                                |
| Rice ... ..                        | 34.05                | 9.61                                           | 3.423               | .967                                           | 12                  | 34.05                             | 3.423                                |
| Rice, broken ... ..                | 1.33                 | .38                                            | .103                | .029                                           | 2                   | 8.00                              | .617                                 |
| Millet ... ..                      | 6.86                 | 1.93                                           | .467                | .132                                           | 6                   | 13.71                             | .933                                 |
| Rice, yellow ... ..                | .17                  | .05                                            | .013                | .004                                           | 1                   | 2.00                              | .153                                 |
| Kaoliang ... ..                    | .08                  | .02                                            | .006                | .002                                           | 1                   | 1.00                              | .066                                 |
| Rice, glutinous ... ..             | .08                  | .02                                            | .012                | .003                                           | 1                   | 1.01                              | .142                                 |
| Beans, yellow ... ..               | .08                  | .02                                            | .006                | .002                                           | 1                   | 1.00                              | .066                                 |
| Beans, green ... ..                | .12                  | .03                                            | .006                | .002                                           | 1                   | 1.40                              | .077                                 |
| Beans, red ... ..                  | .19                  | .05                                            | .013                | .004                                           | 3                   | .78                               | .051                                 |
| Corn flour ... ..                  | 24.68                | 6.97                                           | 1.206               | .340                                           | 9                   | 32.91                             | 1.607                                |
| Millet flour ... ..                | 6.00                 | 1.69                                           | .406                | .115                                           | 7                   | 10.29                             | .695                                 |
| Wheat flour, machine milled ... .. | 35.91                | 10.14                                          | 3.341               | .944                                           | 12                  | 35.91                             | 3.341                                |
| Buckwheat flour ... ..             | .83                  | .24                                            | .055                | .015                                           | 3                   | 3.33                              | .216                                 |

Table 29.—Average Quantity of and Expenditure for Specified Articles of Food Consumed by 12 Teachers' Families in One Month, by Classes and Articles of Food.—(Continued)

| Classes and articles of food                | All families<br>(12) |                                                |                     |                                                | Families purchasing |                             |                                |
|---------------------------------------------|----------------------|------------------------------------------------|---------------------|------------------------------------------------|---------------------|-----------------------------|--------------------------------|
|                                             | Average quantity     |                                                | Average expenditure |                                                | Number              | Average quantity per family | Average expenditure per family |
|                                             | Per family           | Per equivalent adult male taking meals at home | Per family          | Per equivalent adult male taking meals at home |                     |                             |                                |
|                                             | <i>catties</i>       | <i>catties</i>                                 | \$                  | \$                                             |                     | <i>catties</i>              | \$                             |
| Yellow rice flour ... ..                    | .04                  | .01                                            | .004                | .001                                           | 1                   | .50                         | .055                           |
| Noodle, bean ... ..                         | .49                  | .14                                            | .039                | .011                                           | 4                   | 1.48                        | .118                           |
| Noodle, dried ... ..                        | .16                  | .05                                            | .028                | .008                                           | 2                   | .96                         | .168                           |
| Bread, steamed ... ..                       | .13                  | .04                                            | .012                | .003                                           | 3                   | .53                         | .047                           |
| Cakes, wheaten ... ..                       | .25                  | .07                                            | .015                | .004                                           | 1                   | 3.00                        | .186                           |
| Cakes, wheaten, with sesamum ... ..         | 5.66                 | 1.60                                           | .589                | .166                                           | 11                  | 6.17                        | .643                           |
| Bread ... ..                                | .23                  | .07                                            | .062                | .017                                           | 3                   | .93                         | .247                           |
| Vegetables etc. ... ..                      | 88.13                | 24.89                                          | 1.774               | .501                                           | 12                  | 88.13                       | 1.774                          |
| Chinese cabbage ... ..                      | 51.53                | 14.55                                          | .565                | .160                                           | 12                  | 51.53                       | .565                           |
| Sauerkraut ... ..                           | 6.89                 | 1.95                                           | .076                | .021                                           | 10                  | 8.28                        | .091                           |
| Turnips, salted ... ..                      | 2.80                 | .79                                            | .138                | .039                                           | 11                  | 3.06                        | .151                           |
| <i>Ko-to</i> , salted ... ..                | .75                  | .21                                            | .049                | .014                                           | 1                   | 9.00                        | .592                           |
| Peppers, green, salted ... ..               | .01                  | (1)                                            | .001                | (2)                                            | 1                   | .12                         | .016                           |
| Vegetables preserved in shrimp sauce ... .. | .02                  | (1)                                            | .004                | .001                                           | 1                   | .20                         | .044                           |
| <i>Hsueh-li-hung</i> (vegetable) ... ..     | .98                  | .28                                            | .032                | .009                                           | 3                   | 3.94                        | .130                           |

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875  
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Table 29.—Average Quantity of and Expenditure for Specified Articles of Food Consumed by 12 Teachers' Families in One Month, by Classes and Articles of Food.—(Continued)

| Classes and articles of food   | All families<br>(12) |                                                |                     |                                                | Families purchasing |                             |                                |
|--------------------------------|----------------------|------------------------------------------------|---------------------|------------------------------------------------|---------------------|-----------------------------|--------------------------------|
|                                | Average quantity     |                                                | Average expenditure |                                                | Number              | Average quantity per family | Average expenditure per family |
|                                | Per family           | Per equivalent adult male taking meals at home | Per family          | Per equivalent adult male taking meals at home |                     |                             |                                |
|                                | catties              | catties                                        | \$                  | \$                                             |                     | catties                     | \$                             |
| Spinach ... ..                 | .63                  | .18                                            | .051                | .014                                           | 7                   | 1.07                        | .088                           |
| Sweet potatoes ... ..          | 5.97                 | 1.69                                           | .098                | .028                                           | 10                  | 7.17                        | .118                           |
| Yam ... ..                     | .16                  | .04                                            | .008                | .002                                           | 2                   | .95                         | .047                           |
| Turnips ... ..                 | 4.14                 | 1.17                                           | .091                | .026                                           | 11                  | 4.51                        | .099                           |
| Carrots ... ..                 | 1.39                 | .39                                            | .015                | .004                                           | 3                   | 5.58                        | .061                           |
| Green bean sprouts ... ..      | 3.51                 | .99                                            | .067                | .019                                           | 9                   | 4.68                        | .090                           |
| Peas ... ..                    | .02                  | (1)                                            | (2)                 | (2)                                            | 1                   | .20                         | .005                           |
| Kidney beans ... ..            | .30                  | .08                                            | .008                | .002                                           | 1                   | 3.60                        | .099                           |
| Broad beans, fresh ... ..      | .15                  | .04                                            | .007                | .002                                           | 1                   | 1.78                        | .088                           |
| Bean-curd ... ..               | 3.11                 | .88                                            | .102                | .029                                           | 10                  | 3.73                        | .123                           |
| Bean-curd, green, fresh ... .. | .57                  | .16                                            | .011                | .003                                           | 3                   | 2.28                        | .044                           |
| Bean-curd, preserved ... ..    | .06                  | .02                                            | .003                | .002                                           | 2                   | .35                         | .049                           |
| Bean-curd, smoked ... ..       | .16                  | .05                                            | .022                | .006                                           | 7                   | .28                         | .037                           |
| Bean-curd, smoked, thin ... .. | .05                  | .01                                            | .003                | .001                                           | 2                   | .27                         | .021                           |
| Vermicelli, dried ... ..       | .25                  | .07                                            | .055                | .015                                           | 5                   | .58                         | .131                           |
| Vermicelli, fresh ... ..       | .10                  | .03                                            | .017                | .005                                           | 4                   | .30                         | .052                           |

Table 29.—Average Quantity of and Expenditure for Specified Articles of Food Consumed by 12 Teachers' Families in One Month, by Classes and Articles of Food.—(Continued)

| Classes and articles of food     | All families<br>(12) |                                                |                     |                                                | Families purchasing |                             |                                |
|----------------------------------|----------------------|------------------------------------------------|---------------------|------------------------------------------------|---------------------|-----------------------------|--------------------------------|
|                                  | Average quantity     |                                                | Average expenditure |                                                | Number              | Average quantity per family | Average expenditure per family |
|                                  | Per family           | Per equivalent adult male taking meals at home | Per family          | Per equivalent adult male taking meals at home |                     |                             |                                |
|                                  | <i>catties</i>       | <i>catties</i>                                 | \$                  | \$                                             |                     | <i>catties</i>              | \$                             |
| Bean-curd, lamina ... ..         | .01                  | (1)                                            | .002                | .001                                           | 1                   | .13                         | .022                           |
| Bean, lamina ... ..              | .01                  | (1)                                            | .002                | .001                                           | 1                   | .13                         | .027                           |
| Bean-curd, cheese ... ..         | .02                  | (1)                                            | .005                | .001                                           | 1                   | .21                         | .055                           |
| Bean-curd, green, dried ... ..   | .31                  | .09                                            | .020                | .006                                           | 3                   | 1.22                        | .080                           |
| Wheaten starch ... ..            | .05                  | .01                                            | .009                | .002                                           | 4                   | .16                         | .026                           |
| Celery ... ..                    | .27                  | .08                                            | .007                | .002                                           | 3                   | 1.07                        | .029                           |
| Coriander ... ..                 | .16                  | .04                                            | .014                | .004                                           | 8                   | .24                         | .021                           |
| Salted cabbage, dried ... ..     | .02                  | .01                                            | .003                | .001                                           | 3                   | .08                         | .014                           |
| <i>Ko-te</i> roots, fresh ... .. | 1.11                 | .31                                            | .110                | .031                                           | 1                   | 13.33                       | 1.320                          |
| <i>Kaoliang</i> shoots... ..     | .04                  | .01                                            | .007                | .002                                           | 1                   | .50                         | .082                           |
| Sea moss ... ..                  | (1)                  | (1)                                            | .001                | (2)                                            | 1                   | .01                         | .016                           |
| <i>Yu-tai</i> (vegetable) ... .. | .38                  | .11                                            | .008                | .002                                           | 4                   | 1.13                        | .025                           |
| Onions ... ..                    | 1.70                 | .48                                            | .061                | .017                                           | 12                  | 1.70                        | .061                           |
| Garlic ... ..                    | .13                  | .04                                            | .016                | .005                                           | 10                  | .16                         | .019                           |
| <i>Allium adorum</i> ... ..      | .28                  | .08                                            | .049                | .014                                           | 8                   | .42                         | .073                           |
| Peppers, green ... ..            | .02                  | .01                                            | .004                | .001                                           | 5                   | .06                         | .001                           |

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Table 29.—Average Quantity of and Expenditure for Specified Articles of Food Consumed by 12 Teachers' Families in One Month, by Classes and Articles of Food.—(Continued)

| Classes and articles of food | All families<br>(12) |                                                |                     |                                                | Families purchasing |                                   |                                      |
|------------------------------|----------------------|------------------------------------------------|---------------------|------------------------------------------------|---------------------|-----------------------------------|--------------------------------------|
|                              | Average quantity     |                                                | Average expenditure |                                                | Number              | Average<br>quantity<br>per family | Average<br>expenditure<br>per family |
|                              | Per family           | Per equivalent adult male taking meals at home | Per family          | Per equivalent adult male taking meals at home |                     |                                   |                                      |
|                              | catties              | catties                                        | \$                  | \$                                             |                     | catties                           | \$                                   |
| Lily flowers, dried ... ..   | .04                  | .01                                            | .015                | .004                                           | 7                   | .07                               | .025                                 |
| Pungl ... ..                 | (1)                  | (1)                                            | .002                | .001                                           | 1                   | .02                               | .027                                 |
| Mushrooms ... ..             | .02                  | .01                                            | .009                | .003                                           | 3                   | .08                               | .036                                 |
| Seaweeds, long ... ..        | .01                  | (1)                                            | .002                | .001                                           | 1                   | .17                               | .022                                 |
| Condiments ... ..            | 11.49                | 3.24                                           | 1.581               | .444                                           | 12                  | 11.49                             | 1.581                                |
| Sesamum oil ... ..           | 1.82                 | .51                                            | .517                | .146                                           | 12                  | 1.82                              | .517                                 |
| Lard ... ..                  | .70                  | .20                                            | .291                | .082                                           | 11                  | .76                               | .318                                 |
| Mutton fat ... ..            | .13                  | .04                                            | .027                | .008                                           | 2                   | .75                               | .165                                 |
| Salt ... ..                  | 2.64                 | .75                                            | .202                | .057                                           | 12                  | 2.64                              | .202                                 |
| Soy paste ... ..             | 2.73                 | .77                                            | .209                | .059                                           | 12                  | 2.73                              | .209                                 |
| Sesamum paste ... ..         | .06                  | .02                                            | .010                | .003                                           | 6                   | .12                               | .020                                 |
| Soy sauce ... ..             | 1.34                 | .38                                            | .117                | .033                                           | 12                  | 1.34                              | .117                                 |
| Vinegar ... ..               | .99                  | .28                                            | .043                | .012                                           | 12                  | .99                               | .043                                 |
| Sugar, white ... ..          | .47                  | .13                                            | .093                | .026                                           | 10                  | .56                               | .111                                 |
| Sugar, brown ... ..          | .08                  | .02                                            | .013                | .004                                           | 1                   | .91                               | .159                                 |

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Table 29.—Average Quantity of and Expenditure for Specified Articles of Food Consumed by 12 Teachers' Families in One Month, by Classes and Articles of Food.—(Continued)

| Classes and articles of food          | All families (12) |                                                |                     |                                                | Families purchasing |                             |                                |
|---------------------------------------|-------------------|------------------------------------------------|---------------------|------------------------------------------------|---------------------|-----------------------------|--------------------------------|
|                                       | Average quantity  |                                                | Average expenditure |                                                | Number              | Average quantity per family | Average expenditure per family |
|                                       | Per family        | Per equivalent adult male taking meals at home | Per family          | Per equivalent adult male taking meals at home |                     |                             |                                |
|                                       | <i>catties</i>    | <i>catties</i>                                 | \$                  | \$                                             |                     | <i>catties</i>              | \$                             |
| Pepper, black, ground ... ..          | (1)               | (1)                                            | .001                | (2)                                            | 2                   | .01                         | .007                           |
| Pepper, red ... ..                    | .02               | (1)                                            | .008                | .002                                           | 8                   | .02                         | .013                           |
| Aniseed star ... ..                   | (1)               | (1)                                            | .001                | (2)                                            | 3                   | .01                         | .005                           |
| Ginger ... ..                         | .11               | .03                                            | .014                | .004                                           | 9                   | .14                         | .019                           |
| Mustard ... ..                        | .01               | (1)                                            | .001                | (2)                                            | 2                   | .05                         | .007                           |
| Bean starch ... ..                    | .16               | .04                                            | .021                | .006                                           | 5                   | .38                         | .050                           |
| Anise ... ..                          | .22               | .06                                            | .006                | .002                                           | 3                   | .07                         | .025                           |
| Black pepper ... ..                   | (1)               | (1)                                            | .002                | (2)                                            | 2                   | .01                         | .010                           |
| Shrimp sauce ... ..                   | .01               | (1)                                            | .001                | (2)                                            | 1                   | .08                         | .016                           |
| Cassia flower, sugar preserved ... .. | (1)               | (1)                                            | .001                | (2)                                            | 1                   | .03                         | .011                           |
| Beans, salted ... ..                  | .01               | (1)                                            | .002                | (2)                                            | 1                   | .11                         | .019                           |
| Rice wine ... ..                      | .01               | (1)                                            | .001                | (2)                                            | 1                   | .12                         | .016                           |
| Meats etc. ... ..                     | 7.58              | 2.14                                           | 1.909               | .540                                           | 12                  | 7.58                        | 1.909                          |
| Mutton... ..                          | 3.91              | 1.10                                           | .856                | .242                                           | 11                  | 4.26                        | .934                           |
| Mutton, boiled ... ..                 | .02               | (1)                                            | .009                | .003                                           | 1                   | .18                         | .110                           |

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Table 29.—Average Quantity of and Expenditure for Specified Articles of Food Consumed by 12 Teachers' Families in One Month, by Classes and Articles of Food.—(Continued)

| Classes and articles of food | All families<br>(12) |                                                |                     |                                                | Families purchasing |                             |                                |
|------------------------------|----------------------|------------------------------------------------|---------------------|------------------------------------------------|---------------------|-----------------------------|--------------------------------|
|                              | Average quantity     |                                                | Average expenditure |                                                | Number              | Average quantity per family | Average expenditure per family |
|                              | Per family           | Per equivalent adult male taking meals at home | Per family          | Per equivalent adult male taking meals at home |                     |                             |                                |
|                              | <i>catties</i>       | <i>catties</i>                                 | \$                  | \$                                             |                     | <i>catties</i>              | \$                             |
| Pork ... ..                  | 1.88                 | .53                                            | .578                | .163                                           | 12                  | 1.88                        | .578                           |
| Pork, boiled... ..           | .34                  | .10                                            | .224                | .063                                           | 7                   | .59                         | .385                           |
| Beef ... ..                  | .59                  | .17                                            | .116                | .033                                           | 6                   | 1.18                        | .232                           |
| Fish ... ..                  | .19                  | .05                                            | .020                | .006                                           | 4                   | .58                         | .060                           |
| Shrimps ... ..               | .26                  | .07                                            | .034                | .010                                           | 10                  | .31                         | .041                           |
| Crabs ... ..                 | .08                  | .02                                            | .008                | .002                                           | 1                   | 1.00                        | .099                           |
| Eggs ... ..                  | .09                  | .02                                            | .039                | .011                                           | 6                   | .18                         | .077                           |
| Eggs, duck's ... ..          | .02                  | (1)                                            | .004                | .001                                           | 1                   | .19                         | .052                           |
| Milk ... ..                  | .06                  | .02                                            | .014                | .004                                           | 1                   | .68                         | .170                           |
| Intestines, sheep's ... ..   | .15                  | .04                                            | .007                | .002                                           | 1                   | 1.78                        | .088                           |
| Refreshments etc. ... ..     | 12.61                | 3.56                                           | .959                | .272                                           | 12                  | 12.61                       | .959                           |
| Fruits ... ..                | 3.45                 | .97                                            | .305                | .086                                           | 12                  | 3.45                        | .305                           |
| Persimmons ... ..            | 2.03                 | .57                                            | .111                | .031                                           | 11                  | 2.21                        | .121                           |
| Pears ... ..                 | .65                  | .18                                            | .074                | .021                                           | 5                   | 1.55                        | .178                           |
| Apples ... ..                | .08                  | .02                                            | .026                | .007                                           | 4                   | .24                         | .078                           |
| Cherry-apples ... ..         | .27                  | .08                                            | .024                | .007                                           | 4                   | .82                         | .072                           |

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Table 29.—Average Quantity of and Expenditure for Specified Articles of Food Consumed by 12 Teachers' Families in One Month, by Classes and Articles of Food.—(Continued)

| Classes and articles of food       | All families<br>(12) |                                                |                     |                                                | Families purchasing |                             |                             |
|------------------------------------|----------------------|------------------------------------------------|---------------------|------------------------------------------------|---------------------|-----------------------------|-----------------------------|
|                                    | Average quantity     |                                                | Average expenditure |                                                | Number              | Average quantity per family | Average quantity per family |
|                                    | Per family           | Per equivalent adult male taking meals at home | Per family          | Per equivalent adult male taking meals at home |                     |                             |                             |
| Haw fruits ... ..                  | <i>catties</i> .04   | <i>catties</i> .01                             | \$ .005             | \$ .001                                        | 2                   | <i>catties</i> .25          | \$ .028                     |
| Dates ... ..                       | .10                  | .03                                            | .010                | .003                                           | 3                   | .40                         | .040                        |
| Black dates ... ..                 | .07                  | .02                                            | .004                | .001                                           | 2                   | .43                         | .026                        |
| Lotus seeds ... ..                 | .01                  | (1)                                            | .004                | .001                                           | 1                   | .07                         | .047                        |
| Grapes ... ..                      | .01                  | (1)                                            | .002                | .001                                           | 1                   | .13                         | .022                        |
| Bananas ... ..                     | .15                  | .04                                            | .042                | .012                                           | 2                   | .89                         | .256                        |
| Water chestnut ... ..              | .04                  | .01                                            | .003                | .001                                           | 1                   | .50                         | .038                        |
| Others ... ..                      | 9.17                 | 2.59                                           | .654                | .186                                           | 11                  | 10.00                       | .713                        |
| Doughnuts ... ..                   | .42                  | .12                                            | .088                | .025                                           | 9                   | .56                         | .118                        |
| Doughnuts, sugar-coated ... ..     | .01                  | (1)                                            | .001                | (1)                                            | 1                   | .09                         | .016                        |
| Honey-cakes ... ..                 | .01                  | (1)                                            | .002                | .001                                           | 1                   | .11                         | .027                        |
| Glutinous rice cake ... ..         | .01                  | (1)                                            | .001                | (1)                                            | 1                   | .06                         | .014                        |
| Green bean-curd, fried ... ..      | (1)                  | (1)                                            | .001                | (1)                                            | 1                   | .04                         | .011                        |
| Tsa-pai-tsa (doughnut) ... ..      | .13                  | .04                                            | .023                | .006                                           | 2                   | .78                         | .137                        |
| Meat dumpling, fried ... ..        | .06                  | .02                                            | .010                | .003                                           | 1                   | .68                         | .121                        |
| Dumplings, wheaten, steamed ... .. | .03                  | .01                                            | .003                | .001                                           | 2                   | .17                         | .017                        |
| Beef suet ... ..                   | .03                  | .01                                            | .006                | .002                                           | 2                   | .16                         | .033                        |

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Table 29.—Average Quantity of and Expenditure for Specified Articles of food Consumed by 12 Teachers' Families in One Month, by Classes and Articles of Food.—(Continued)

| Classes and articles of food | All families (12) |                                                |                     |                                                | Families purchasing |                             |                                |
|------------------------------|-------------------|------------------------------------------------|---------------------|------------------------------------------------|---------------------|-----------------------------|--------------------------------|
|                              | Average quantity  |                                                | Average expenditure |                                                | Number              | Average quantity per family | Average expenditure per family |
|                              | Per family        | Per equivalent adult male taking meals at home | Per family          | Per equivalent adult male taking meals at home |                     |                             |                                |
| Rice flour cake ... ..       | catties .02       | catties .01                                    | \$ .002             | \$ .001                                        | 1                   | catties .27                 | \$ .027                        |
| Steamed bread ... ..         | .04               | .01                                            | .004                | .001                                           | 1                   | .48                         | .044                           |
| Sa-chi-ma (pastry) ... ..    | .24               | .07                                            | .037                | .010                                           | 1                   | 2.86                        | .438                           |
| Bean soup ... ..             | 3.81              | 1.08                                           | .007                | .002                                           | 2                   | 22.86                       | .044                           |
| Bean whey ... ..             | .27               | .08                                            | .006                | .002                                           | 2                   | 1.63                        | .036                           |
| Almond soup ... ..           | .45               | .13                                            | .012                | .004                                           | 3                   | 1.47                        | .049                           |
| Lily root flour ... ..       | .04               | .01                                            | .008                | .002                                           | 3                   | .14                         | .031                           |
| Candies ... ..               | .20               | .06                                            | .040                | .011                                           | 3                   | .79                         | .159                           |
| Jam ... ..                   | .03               | .01                                            | .009                | .003                                           | 1                   | .34                         | .110                           |
| Dumplings, rice flour ... .. | .09               | .03                                            | .020                | .006                                           | 2                   | .54                         | .118                           |
| Peanuts ... ..               | 1.45              | .41                                            | .127                | .036                                           | 12                  | 1.45                        | .127                           |
| Melon seeds ... ..           | .01               | (1)                                            | .003                | .001                                           | 2                   | .05                         | .017                           |
| Chestnuts ... ..             | 1.17              | .33                                            | .180                | .051                                           | 9                   | 1.56                        | .239                           |
| Fruit candy ... ..           | .13               | .04                                            | .023                | .007                                           | 4                   | .39                         | .069                           |
| Boiled sweet potatoes ... .. | .50               | .14                                            | .022                | .006                                           | 1                   | 5.94                        | .260                           |
| Dates, dried... ..           | .02               | (1)                                            | .005                | .001                                           | 1                   | .20                         | .055                           |
| Walnuts ... ..               | .03               | .01                                            | .014                | .004                                           | 1                   | .31                         | .164                           |

<sup>1</sup> Less than 0.005 catty, or 2.8 grams.

<sup>2</sup> Less than \$0.0005, or about two-tenths of a copper.

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875 and salted, beancurd, garlicks, lard, sugar, mutton, and persimmons seemed also quite popular. In terms of expenditure, the percentages for the various kinds of food articles were distributed as follows:—

|              |                 |                |
|--------------|-----------------|----------------|
| Cereals 61.2 | Vegetables 11.1 | Condiments 9.9 |
| Meats 11.9   | Refreshment 6.0 |                |

Wheat flour and rice formed the chief cereals for the teachers, while corn flour, though occupying the third place, was left far behind. In fact, the former two, including all varieties of food made with them, formed almost half of their food expenses. Of the vegetables, the Chinese cabbage figured most prominently, as it is, comparatively speaking, less expensive, being grown in abundance in the winter and consequently most popular among the Peking inhabitants of all classes. Sauerkraut is another popular food among the Peking inhabitants, while sweet potatoes are taken generally for breakfast or as refreshments. Sesamum oil, salt, soy paste, soy sauce, vinegar and occasionally lard are all ingredients, indispensable in cooking Chinese dishes. Mutton and pork formed the chief meat for the teachers, and the expenses for the meat group reached almost 12 per cent of the total food expenditure. The persimmon was no doubt a popular fruit among the teachers' families, while peanuts and chestnuts also found wide favour.

875 Compared with the foods consumed by the working families,  
494 those of the teachers' families presented several striking features.  
262 In the first place, although the total number of the kinds of food articles consumed by the two classes of families were practically the same—136 for the workers in six months and 134 for the teachers in one month—some disparity could be noticed in such groups as cereals, vegetables and condiments. The teachers consumed twenty kinds of cereals, boiled and in the forms of noodles, bread and cakes, as against the workers who consumed thirty-one kinds of the same. More varieties of vegetables and condiments were consumed by the teachers than by the workers; 43 kinds of vegetables for the teachers as against 39 for the workers, and 22 kinds of condiments for the teachers as against

<sup>1</sup>[see Table 16, p. 96]

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17 kinds for the workers. Comparatively speaking, it seems that the teachers enjoyed a greater variety of "subsidiary food" taken as side dishes. Secondly, in contrast with the workers who took millet flour and corn flour as their principal cereals, the teachers mainly subsisted on wheat flour and rice, both of which are not only much more refined and easily digestible but yield more proteids to the consumer. Thirdly, the teachers' diet contained an appreciably greater quantity of meat and fish. Reduced to the average quantity of consumption per equivalent adult per day, the teacher consumed 40.14 grams of articles of the meat group as against 7.23 grams consumed by the worker.

What may be considered as the most striking feature of the teachers' diet as contrasted with that of the worker is undoubtedly that it has improved in quality as well as in quantity. As shown in Table 30 the average amount of food consumption of the teacher per equivalent adult per day was 1,256 grams as against the worker's 998 grams. The distribution of the food expenses of both the teacher and the worker among the various classes of food may be shown in percentages like the following:

|                 | Cereals         | Vegetables      | Condiments      | Meats           | Refreshments    | Total           |
|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
|                 | <i>Per cent</i> | <i>Per cent</i> | <i>Per cent</i> | <i>Per cent</i> | <i>Per cent</i> | <i>Per cent</i> |
| The teacher ... | 61.2            | 11.1            | 8.9             | 11.9            | 6.0             | 100             |
| The worker ...  | 80.0            | 9.1             | 6.7             | 3.2             | 1.0             | 100             |

That the teachers' diet is much improved is abundantly shown in the nutrients and calories it may yield. The 1,256 grams of food might be transformed into 84.34 grams of protein, 47.24 grams of fats and 493.46 grams of carbohydrates. Their fuel value amounted to 2,742 calories. Compared with the workers' diet, these showed some increase in proteins and fats, and a slight decrease in carbohydrates; while in calories there was a gain of 147.

One fact worthy of attention is that the consumption of pungent and odoriferous articles showed no abatement among the

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875 teachers' families. It has been maintained by us that these  
 262 articles are generally taken in order to stimulate appetite and  
 • serve as substitutes for delicacies. It is possible that the diet of  
 the teacher was not sufficiently savory so that foods with a  
 strong smell and an acrid taste were required to add to its palat-  
 ability. It is, however, also possible that the consumption of  
 such pungent and odoriferous food-stuffs was due to the fact that  
 they have become accustomed to take them regularly, as many  
 of the northern Chinese are. In the latter case, the consumption  
 is then determined by their food habits, rather than by necessity  
 in food economy.

875 Housing. Only the housing conditions of ten teachers' fami-  
 362 lies will be discussed, as two of them failed to furnish us  
 complete data on housing. Of the ten families, five had three  
 rooms each. There were on the average 5.2 persons or 4  
 equivalent adults in each family. Calculated according to the  
 average number of persons per room, it will be seen in Table  
 31 that in each room there lived 1.3 persons or one equivalent

Table 31.—Average Number of Equivalent Adults Per Room and  
 Average Amount Paid for Rent in One Month

| No. of rooms | No. of families | Average no. of persons per family |              | Average no. of persons per room |              | Average amount of rent in one month |             |                 |
|--------------|-----------------|-----------------------------------|--------------|---------------------------------|--------------|-------------------------------------|-------------|-----------------|
|              |                 | Persons                           | Equi. adults | Persons                         | Equi. adults | Per family                          | Per persons | Per equi. adult |
| 1...         | 1               | 2.0                               | 1.8          | 2.0                             | 1.8          | \$2.00                              | \$1.00      | \$1.11          |
| 2...         | 1               | 3.0                               | 2.8          | 1.5                             | 1.4          | 4.00                                | 1.33        | 1.43            |
| 3...         | 5               | 4.8                               | 3.6          | 1.6                             | 1.2          | 5.20                                | 1.08        | 1.44            |
| 5...         | 2               | 5.5                               | 4.6          | 1.1                             | .9           | 7.50                                | 1.36        | 1.63            |
| 11...        | 1               | 12.0                              | 8.1          | 1.1                             | .7           | 13.00                               | 1.08        | 1.60            |
| Total...     | 10              | 5.2                               | 4.0          | 1.3                             | 1.0          | 6.00                                | 1.15        | 1.50            |

adult. The average amount of rent per family was \$6.00 a month.

It is evident that the housing of the teacher's families compared favourably with that of the Peking workers. As they had on the average one equivalent adult per room, they were certainly

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[For detailed information on the food budgets of 283 Peiping families in 1926-1927, see pp. 44-108, category 116. ]

354 The factory authorities have contemplated to install electric  
644 lights for the workers' families, but as the houses are widely  
scattered, the work has not yet been carried out.<sup>1</sup>

644 Food and Meal Ticket.—The Chiu Ta workers were formerly  
262 provided with meals by the factory free of charge, but they were  
later commuted as a part of their wages. As a result, most of  
the workers began to cook their own food. In 1923, when the  
dormitory was completed, it was provided with a dining hall in  
which steamed bread and other cooked food were sold to the  
workers at cost. And the workers were then prohibited to cook  
food in their own rooms.

As the east section is far away from the main dining hall,  
there is a separate building in which a toilet room, a locker  
room, a small kitchen and a small dining room are provided  
for the use of the workers.

The worker's diet consists of the following: wheat bread,  
corn bread, millet porridge, doughnuts and salted vegetables.  
The price of bread is always fixed at two cents each, the weight  
varying according to the market price of flour. Every day, the  
weight of the bread is shown on a sign board and it may be  
weighed by any one who likes to do so with a balance in the  
dining room. Bread of insufficient weight may be changed at  
once. During the festivals and the three days before the New  
Year, dumplings with sugar and meat contents are sold at the  
same price as that of the plain bread, and special foods are also  
prepared for sale.

To facilitate purchases at the dining room, meal tickets are  
issued. Workers may secure them in advance at the supervisor's  
office to buy their food. The total value of tickets issued  
to one worker in a month should not exceed \$6, and this  
amount is to be deducted from his wage at the end of each  
month. In recent years, these tickets are even used to pay fines,  
rent, and other miscellaneous expenses. This has greatly facilitat-  
ed the miscellaneous transactions and reduced the use of money.

<sup>1</sup> Our latest information is that the workers' houses have now all been  
installed with electric light.

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262 Food expenses include cereals, vegetables, condiments, meats and refreshments. These expenses were obtained first by ascertaining the quantity of each kind of food consumed every month and then multiplying it by its average monthly price. There are six kinds of cereals in common use: white wheat flour, black wheat flour, corn flour, rice, millet, and green beans. For the poor families, black wheat flour and corn flour are the principal cereals, while only workers earning more than \$20 a month can afford to eat rice. Appetizers of the poor families consist simply of salted vegetables and shrimp sauce. Meat is seldom taken by the worker's families, except during festivals and new year holidays.

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427 Rent is the amount paid for occupying the house. Where an occupant is the owner of the house, rent is estimated by valuation. Rent is very low in comparison with all other expenses. Three explanations may be offered for this phenomenon. First, some of these houses were bought by the factory and rented to the workers at an especially low rental. Secondly, in spite of the steady rise of prices in recent years, an old occupant of a house usually enjoyed the privilege of paying rent at the original rate and was not effected by its rise. Besides, some workers lived in the west of Tangku, where rent was usually half of what one should pay for a room in the sections near to the town. Thirdly, the size of these families is small, the average size being only 3.72 persons per family. Thus, a one-room-house would be sufficient to accommodate them all. Even those who had bigger families would prefer to stay in a small house and enjoy less comfort in order to reduce their expenses.

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427 The worker's houses are generally built of mud with frail framework. Sometimes rooms are built around a courtyard accommodating from five to twenty families. Glass windows and brick floor are but rarely found in such rooms. Except those who lived in their own houses, each of these working families only occupied one or two rooms. It is shown in Table 36 that the average number of rooms of the 61 families was 1.72 per family, the average number of persons per room was 2.67 persons or 2.05

434 calculated according to what these workers actually earned. In case of absence, deductions from wages are made accordingly.

Table 52.—Sources and Amounts of Income in One Year of 50 Pacific Resident Workers, by Classes

| Class of workers  | Number of workers | Average annual income from— |                                |                   |               | Total average income per worker |
|-------------------|-------------------|-----------------------------|--------------------------------|-------------------|---------------|---------------------------------|
|                   |                   | Wages                       | Allowance for working overtime | Extra month's pay | Gift commuted |                                 |
| Mechanics .....   | 10                | \$232.52                    | \$ 27.91                       | \$ 18.38          | \$ 9.00       | \$ 287.81                       |
| Firemen .....     | 4                 | 162.31                      | 4.20                           | 12.60             | 9.00          | 188.11                          |
| Assistants .....  | 7                 | 110.01                      | 15.92                          | 8.34              | 8.99          | 143.26                          |
| Common workers... | 29                | 97.62                       | 12.77                          | 6.87              | 8.94          | 126.21                          |
| All classes.....  | 50                | 131.51                      | 15.55                          | 9.84              | 8.96          | 165.87                          |
| PER CENT          |                   |                             |                                |                   |               |                                 |
| Mechanics .....   | 20                | 80.8                        | 9.7                            | 6.4               | 3.1           | 100.0                           |
| Firemen .....     | 8                 | 86.3                        | 2.2                            | 6.7               | 4.8           | 100.0                           |
| Assistants .....  | 14                | 76.8                        | 11.1                           | 5.8               | 6.3           | 100.0                           |
| Common workers... | 58                | 77.3                        | 10.1                           | 5.4               | 7.1           | 100.0                           |
| All classes ...   | 10.0              | 79.3                        | 9.4                            | 5.9               | 5.4           | 100.0                           |

The income of the Pacific workers is most conveniently analyzed according to the kinds of work they do, as there are different scales of pay for each. In Table 52, it is shown that the average wage represents 79.3 per cent of the total average income and the pay for overtime work, 9.4 per cent. These two items together constitute 88.7 per cent of the total average income. The extra month's pay and commutation of gifts were, respectively, 5.9 per cent and 5.4 per cent of the total average annual income.

511 Table 53 shows the expenses for the following five groups: food, clothing, travelling expenses, social expenses, and miscellaneous expenses.

511 Food constituted 63.9 per cent of the total expenses. It was  
262 the highest among the mechanics, 67.1 per cent, and the lowest among the common workers, 63.7 per cent. As has been mentioned

511 above, mechanics generally eat somewhat better food than as-  
 262 sistants and the food cost of the former is about \$1 per month more expensive.

511 The assistants spent \$23.56 or 19.4 per cent of total expense a year on clothing, the amount being comparatively more than that of any other class of workers in the factory. They were generally young and paid more attention to their dress. Mechanics generally earned more income and were apt to spend more on their dress. Firemen, on account of the nature of their work, spent comparatively less on clothing.

While not many Pacific workers asked leave of absence for visiting homes, the number of such workers was especially small among those investigated. It appeared that only six mechanics had visited their homes, but as they were situated near Tientsin, the amount of passage money was naturally very small. Three out of the four firemen who went home spent about 9 per cent of the total expenses on travelling as the distance traversed was fairly long.

Social expenses did not play an important part among the Pacific workers. An ordinary worker spent on this item only \$6 a year. There were, however, a few workers who spent more.

Miscellaneous expenses include those for sanitation, tea and tobacco, amusements, new year entertainment and utensils. The assistants had more sanitary and amusement expenses than other workers. The new year expenses corresponded rather closely with the income of these workers.

It appeared from the figures that, food, clothing, social and miscellaneous expenses were closely correlated with the income. Travelling expenses, however, usually vary not according to income but according to the distance between the worker's homes and the factory, and also the number of visits to home.

511  
 434 The assets and liabilities of the 50 workers are shown in Table 55. It is to be noted that two classes of workers, mechanics and firemen, were better off and incurred no deficit. In the other two classes, one assistant had a deficit of \$5.43 and three common workers had on the average a deficit of \$22.98.